

Commander's Corner

Family members prepare for soldiers return



Soriano

“A family member’s life can be difficult at times.”

Most every week, I address the soldiers and civilians of Fort Carson. This week, I would like to address other important members of the Mountain Post Team — the family members.

A military family member’s life can be difficult at times. It means that a husband, wife, father or mother can be gone for long periods of time. Those times that the soldiers are gone can be stressful, but

those times when they return can be equally stressful.

Starting next month, the troops who are deployed to Bosnia will start returning. Others will be going on or returning from deployments to other hot spots for extended periods of time to the National Training Center at Fort Irwin, Calif. or the Joint Readiness Training Center at Fort Polk, La. In every case, there is a readjustment period for the soldier and his or her family.

It is important for family members to know what to do when their spouse or parent returns. It will take some time to readjust to family life as it was before. It is also a time when the Mountain Post experiences one of the highest rates of spousal and family abuse. It doesn’t have to be that way.

Family roles may have to be redefined and intimacy re-established. The best way to ensure a happy family reunion is to prepare for it and devote time to it. This is not something you have to come up with by yourself. Army Family Team Building has been preparing for this time and can assist you as needed.

Reunion training is being held this Tuesday from 5:30 to 9 p.m. and Aug. 29 from 8:30 a.m. to noon at the Family Readiness Center. Free child care is pro-

vided and you should call 526-0461 to make a reservation.

The trainers will help with all aspects of preparing for reunions with your loved ones: knowing what the military expects of the returning soldier, defining your expectations of the returning spouse, developing more effective communication and listening skills and learning techniques of effective stress management. These are skills that are not only valuable for reunions, but can greatly enhance the family at any time.

If you can’t make either of these sessions, check with your unit’s Family Support Group. Usually, spouses who have gone through several deployments are more than willing to share their experiences with others. Unit chaplains are also good resources.

Let’s make these reunions a joyful event to be treasured.

Mission first... people always...one team. Bayonet!

Major General Edward Soriano
*Commanding General
7th Infantry Division and Fort Carson*

Word of the month focuses on training, preparedness

by **Sgt. 1st Class Patricia McNeil**
Equal Opportunity Advisor

The “Consideration of Others” word for the month of August is readiness. Ready for what? Sustainment in combat? Peacekeeping? Humanitarian relief mission? Fighting another Persian Gulf War? Units and soldiers often perform these tasks under dangerous and stressful circumstances. To achieve excellence in these missions, our military must train and stand ready.

Readiness is the capability of an element to execute the missions or functions for which it was organized or designed.

Being ready means tough and challenging training that will sustain the readiness of today’s military. One of the important principles of training that leads

to readiness is training as a unit. Plus, unit training will help the unit to develop cohesiveness. Unit members become more aware of the strengths and competence of one another and will realize if the unit is close to the objective of being combat ready.

There are many factors that influence the readiness and accomplishment of any mission. Contribution to mission accomplishment is learning, practicing and becoming proficient in one’s job. Are you able to perform skill level tasks to standard, qualify with your weapon/equipment, navigate and perform direct maintenance? The trust and confidence that leaders, soldiers and the nation expect is based not only on who you are but what you know and what you are able to do.

An important element of readiness is physical fit-

ness. In addition to being prepared for the afore mentioned physically demanding peacetime and or wartime missions, maintaining a high level of physical fitness has benefits such as improving productivity, quality of life and overall has a direct impact on readiness.

When people are in good physical condition, they are more likely to function effectively in physical work, training and have high morale.

There are many other elements such as health care, housing, equal opportunity and human relations, pay, and the list goes on, that factor into readiness. Servicemembers and civilian employees must enhance readiness by maintaining high standards on tasks that are essential to mission accomplishment. To be successful, we must be ready.

Sound Off!

Why do you think it is important to vote?



Pfc. Ronnie Wilson
HHD, 4th PSB
“The only way we can select the preferred leadership is by voting.”



Spc. Chuck Bacon
HHD, 4th PSB
“Because our elected officials can influence our daily lives.”



Pvt. Ivis LeDee
HHD, 4th PSB
“If you don’t vote, then you don’t have a voice.”



Spc. Nicoli Gigli
HHD, 4th PSB
“If you don’t vote, you have no right to complain.”

LETTERS TO THE EDITOR

The Mountaineer invites readers to write letters to the editor in response to stories in the *Mountaineer* or events that affect the entire Mountain Post Team.

Guidelines are set to ensure fairness to everyone. All letters must be signed and include an address or unit designation and daytime telephone number for verification. No address or telephone number will be published and name will be withheld upon request. Anonymous letters will not be

considered.

Letters should be no longer than 200 words in length. The *Mountaineer* reserves the right to appropriately edit all letters. If a letter involves an on-post situation, the text of the letter will be forwarded to the appropriate person or directorate for comment. Obscene or pornographic language or materials will not be published.

Because of legal restrictions, both in federal regulations and AR360-81, under which the *Mountaineer* is pub-

lished, no letters concerning local or national political issues will be published. Publication of any letters will also conform to all appropriate Department of Defense and U.S. Army regulations.

Letters may be sent to: Letters to the Editor, The *Mountaineer*, 1550 Specker Ave., Fort Carson, CO 80913 or dropped off at the *Mountaineer* office, building 1550, Room 2180.

MOUNTAINEER

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NEWS



7th Infantry Division
and Fort Carson present
Women's



Equality Day Celebration

Aug. 28
9 to 11:30 a.m.
Elkhorn Conference Center,
Colorado and Cheyenne Rooms

Event schedule:

- 8:30 to 9 a.m. — Guests arrive and provided bookmark, harp music.
- 9 to 9:15 a.m. — Welcome, opening remarks, national anthem and invocation.
- 9:15 to 9:30 a.m. — Video program on Women's Equality Day.
- 9:30 to 9:50 a.m. — Guest speaker — Col. Stephanie Willson, Staff Judge Advocate
- 9:50 to 10:15 a.m. — Refreshments, harp music, voter information and registration available.
- 10:15 to 11 a.m. — Motivational speaker — Ruth Kay Peterson, "Success and Laughter."
- 11 to 11:10 a.m. — Closing remarks, benediction.
- 11:10 to 11:30 a.m. — Refreshments, harp music, voter information and registration provided.

Carson inspection scheduled

by Dennis Plear

Directorate of Environmental Compliance and Management

Fort Carson has been notified that the Colorado Department of Public Health and Environment will be conducting its annual Hazardous Waste inspection on or about Aug. 31.

The state will identify which units/activities it intends to inspect upon arrival on site. Everyone is subject to be inspected. Prior year violations have included, but are not limited to the following:

- inspections of satellite accumulation points;

• adequacy/accuracy of training records for environmental protection officers, SAP's and other personnel who handle hazardous materials or waste;

• marking and labeling of containers both full or empty if the container is hazardous in nature;

• and handling, storage and disposal of hazardous material and waste.

Should anyone have any questions or need assistance please contact your unit EPO/EPNCO, the Directorate of Environmental Compliance and Management HM/HW Storage Bunker at 524-3534 or the DECAM training coordinator at 526-4446.

Civilian application policy changes

by Cathy Irwin

Civilian Personnel Advisory Center

There is a change in policy of how an applicant submits a RESUMIX resume for a federal civilian job. It is now preferred that the applicant use the Army Resume Builder which is located at the end of most announcements.

To access the Resume Builder without using a vacancy announcement, the website is

<http://www.cpol.army.mil/rb/rbentry.cgi>.

The applicant will need to select which Civilian Personnel Operations Center he or she wants to send it to. This is criti-

cal. The applicant can select more than one if he or she is interested in relocating.

If the South West Civilian Personnel Operations Center is selected, under which Fort Carson falls, the resume can be tracked using Standard Online Applicant Response System located at <http://www.swcpoc.army.mil>. Click on tools. The applicant will still need to submit a self-nomination when applying for a position. This is also located at the bottom of the vacancy announcement.

If a resume is already on file using the SWCPOC Resume Builder, there is no need to complete another one.

Commander-in-chief visits firefighting troops

by Maj. LeAnn Swieczkowski and
Master Sgt. Don Thomas
Army Public Affairs

BOISE, Idaho — President Bill Clinton visited military firefighters in Idaho Aug. 8. Troops from Task Force Thunder, comprised of soldiers from the 3rd Battalion, 16th Field Artillery, 4th Infantry Division, gathered as the president addressed them.

In explaining the reason for his trip the president told soldiers, “All I wanted to do was get on Air Force One and come here and thank you for all your hard work.”

The president lauded the Fort Hood-based soldiers for their selfless service and thanked them for their dedication in helping to assist in protecting forest land and individual property from fire destruction. He announced a \$150 million pledge to help with the nation’s firefighting effort.

Task Force Thunder is supporting the firefighting efforts in Burgdorf Junction located in the Payette National Forest. The fire is burning 23 miles north of McCall, Idaho. The fire has burned 24,951 acres and 1,253 civilian and military firefighters are involved in fire containment. Currently the fire is 42 percent contained at a cost of \$9.4 million.

Additional soldiers from Fort Hood arrived Aug.

13 to assist in firefighting in Montana. Task Force Lumberjack, commanded by Lt. Col. James D. Shumway, is composed of more than 500 troops from the 20th Engineer Battalion, 1st Cavalry Division. The troops are tentatively scheduled to perform firefighting efforts in the Bitterroot National Forest.

Because of the severe fire season and a shortage of firefighters, officials at the National Interagency Fire Center have asked for the military’s assistance in fighting wildland fires. The military is called in to assist when all usual firefighter resources are exhausted. The last time the military was asked to help was in 1996.

Since Jan. 1, 63,916 fires have consumed 4,115,937 acres. Compared to the 10-year average; 54,657 fires burning 2,236,951 acres, the 2000 fire season has the potential to surpass some of the biggest fire seasons in

recent history.

Besides the more than 1,100 military personnel, some 17,000 U.S. civilian, 20 Mexican and more than 200 Canadian firefighters are assisting. Two advisors, one each from New Zealand and Australia are also assisting.



Courtesy photo
President Bill Clinton talks with soldiers from Fort Hood’s 3rd Battalion, 16th Field Artillery Regiment, during his visit to Burgdorf Junction, Idaho Aug. 8.

Community

Village mayor elections are around the corner

Fort Carson Public Affairs Office
Housing residents can make a difference by going out to vote Aug. 28 for their village mayor. Residents can vote at the Family Readiness Center and the outreach van which will be located at the Beacon Elementary School parking lot from 11 a.m. to 6 p.m. for community members to vote. Mayors are elected to one-year terms, are responsible for a monthly newsletter, a minimum

of 10 hours community service per week and being available to residents, according to Nancy Montville, Community Outreach Program director, Army Community Services. They are also required to attend community meetings, she said. Spouses or military members of any rank who reside in the housing area, are eligible to run for one of the seven villages on Fort Carson. There are currently two villages that don't have candidates for

the positions: Araphoe and Cheyenne/Ute Hill. Those residents interested in running for these mayoral positions must submit their photograph and a statement saying why they would like to serve as mayor. All applicants must also pass a background check conducted by the Fort Carson Military Police, Social Services and the Housing Office, said Montville. For more information, call Earl Ray at 526-1082.

Words from the candidates



Maritza L. Ramirez
Sioux Village

Ramirez says she has devoted her time to the outreach programs and to Army Family Team Building. She's taken an active role in Sioux Village since moving on post in February.



Sgt. 1st Class Monty Lash
Apache Village

Lash said he hopes to continue to support the village and the mayor program as needed. His major accomplishment is being awarded the Best Village 1st runner-up two years in a row.



Sandra Weimar
Choctaw Village

"I would like the opportunity to be mayor for Choctaw village so that I can continue to help to make this the best village on the installation. I hope that my efforts will make our community ... a great place to live."



Rebekah Ratterree
Choctaw Village

Ratterree said she'd like the opportunity to be the mayor of Choctaw village so that she can take care of any issues residents might encounter. The current deputy mayor of Choctaw hopes to support her residents as mayor.

‘Hellraisers’ make time for training, families

by 2nd Lt. Devon Roberts
Alpha Company 1st Battalion, 12th Infantry
Alpha Company “Hellraisers” will deploy to the National Training Center at Fort Irwin, Calif. with the rest of 1st Battalion, 12th Infantry from Sept. 11 to Oct.18. As a part of the requirements for live fire at NTC, Co. A 1st Bn., 12th Inf., combined it’s Bradley Table VIII live fire qualification with a highly successful Family Day.

“It’s a morale booster ... it gives the family an idea of what we do out in the field,” said Sgt. Julius Marmito, 1st Bn., 12 Inf.

Families and friends of Alpha Company enjoyed a barbecue sponsored by the company while soldiers fired Bradley Fighting Vehicles for Bradley Gunnery Table VIII.

Many families participated in the event and discovered the awesome power of the Bradley Fighting Vehicle.

As Pfc. Chad Guetterman put it, “I thought Family Day was great because I was able to show my girlfriend what I do. She thought it was neat to see the Bradley fire.”

Too often families and friends do not have a complete understanding of just what a soldier does during a field training exercise. In addition to educating

the families on the skills of the mechanized infantry soldier, the event was a great team-building exercise, bringing together all the families of Hellraiser Company.

“I got to chill out, eat barbecue and watch all the kids running around. I was also able to meet the spouses of the soldiers I work with,” said Pfc. Randell White, driver, Co. A, 1st Bn., 12th Inf.

Further, all Hellraiser crews qualified on their first day and night run.

The Warrior Battalion fires two gunnery densities a year, composed of numerous tables including dismounted qualification Bradley crew qualification, and Bradley Platoon qualification. The exercise will culminate with a company-level combined arms live fire exercise-exercise designed to integrate all the weapons systems of the mechanized rifle company as

well as tank fires and indirect fires from mortars and artillery.

The event helped strengthen Hellraiser’s Family Readiness Group and its warfighting capabilities.



Photo courtesy of 1st Bn., 12th Inf.
Staff Sgt. Carlos Valarezo, 1st Battalion, 12th Infantry, stands with his wife, Angela, and two children, Alison and Carlos during the “Hellraisers” family day.

Civil War cannon demonstrated on post

**by Spc. Zach Mott
14th Public Affairs Detachment**

Cannons have come a long way since the days of Ulysses S. Grant and the Union army of the Civil War era. However, one thing remains — people still like to see the cannons go boom.

The re-enacting Civil War soldiers — from the Colorado Artillery Battery — were at Fort Carson Aug. 12 conducting on a live fire demonstration using a cannon dating back to the Civil War period.

“It was a delight to be there, I thank everyone involved,” said Rich Merrell, a captain with the Civil War soldiers.

Assisting with the re-enactment were four soldiers from Support Squadron, 3rd Armored Cavalry Regiment. They were Sgt. 1st Class Willie Ferrell, Staff Sgt. Ed Hewitt, Staff Sgt. Paul Clive and Spc. Kayla Knight.

These soldiers provided medical support as well as range safety support.

It has been four years since the members of the Colorado Artillery

Battery have fired a live cannon round on the Mountain Post; and three years since they’ve been able to fire a live round anywhere.

“Usually we provide background noise for ceremonies using blank rounds,” Merrell said.

After his first encounter with the three-inch cannons, Ferrell was a little disappointed.

“I wouldn’t mind doing this again, but next time I’ll bring a video camera,” he said.

The Colorado Artillery Battery was activated in 1862 during the height of the Civil War. However, once the war ended in 1865, the battery was deactivated. The battery was reactivated by the Civil War re-enactment players approximately 10 years ago.

The Colorado Artillery Battery willingly accepts donations — which are tax deductible — they are also available for ceremonies and other events. For more information contact Rich Merrell at (303) 674-3792.

BOSS events

**Fort Carson
Better Opportunities
For Single Soldiers**

Better Opportunities for Single Soldiers Program includes all Fort Carson single soldiers; i.e., single parents, single officers and geographical bachelors.

Today is the last day to sign up for the BOSS trip to Elitch Gardens Saturday. The price is \$10 and includes transportation to and from the park and admission into the park. Sign up and pay at Information, Tickets and Registration. Buses will depart from the Fatz parking lot at 9 a.m. and return at 5 p.m.

BOSS would like to sponsor a “Battle of the Bands” competition in October for Fort Carson single soldiers. If you have musical talents, play in a band and would like to compete. Sign up now.

BOSS is offering Fort Carson single soldiers a trip to Puerto Vallarta, Mexico, for \$375. The trip includes airfare, transfers, four nights of hotel

accomodations, meals, drinks and all non-motorized water sports. The trip is scheduled for October. To sign up, a soldier must submit their name, social security number, rank, unit, copy of leave form and single soldier status form (may be picked up at BOSS office) signed by their commander.

The BOSS Town Hall meeting is an open forum for all single soldiers. The meeting scheduled for Thursday at McMahon Theater has been cancelled. The next meeting is scheduled for Nov. 9.

For any information regarding BOSS events, contact BOSS president, Spc. Amy Hafford, at 524-2677.



"Better Opportunities for Single Soldiers"

Dietary supplements: know what you’re taking

by Frederick M. Baron
Association of Trial Lawyers of America

In December 1999, 26-year-old Lisa Peterson made a cup of tea. While she prepared her drink, her left coronary artery’s interior wall separated and collapsed, blocking her body’s blood flow. Lisa died.

According to an article in The Houston Chronicle, her parents think the dietary supplement she was taking to control her weight — ephedra — killed her. However, the medical examiner investigating the case could not say with certainty that ephedra was responsible. And ephedra manufacturers defend their product, saying that the natural “remedy” is safe when taken according to directions.

But the Food and Drug Administration has linked the botanical supplement, which acts as a stimulant, to irregular heart beats, chest pain, tremor and death.

The news that a natural supplement such as ephedra can cause physical harm surprises many. And the fact that powerful natural botanicals like ephedra are so loosely regulated by the government surprises even more. But the fact is that many natural dietary supplements can have the same powerful effects that prescription and even illegal drugs have — but are not regulated as drugs by the FDA or prohibited by law.

The FDA rules for approving drugs are stringent. The process begins when a chemical that a company or researcher believes to have medicinal value is tested in a laboratory and then on animals. If the drug seems to have a future as a medicine, it will be tested — in a highly regulated manner — on humans. If this phase is successful, it will be tested on patients who have the disease the drug is meant to alleviate.

Then, the drug will be tested on even larger groups. After this, the FDA — with input from the drug’s developers — review the data collected on the drug and determine whether it is “safe and effective” — the standard the FDA must find before approving the drug for us.

But the dietary supplements don’t have to go through this process. The 1994 Dietary Supplement Health Education Act largely took away the FDA’s power to regulate botanical dietary supplements.

Perhaps even more disturbing is the fact that pharmacists and other sellers of these products have little way of knowing if the product amounts listed on labels properly reflect what is in the bottles.

A May article in the American Journal of Health System Pharmacy examined the ephedra alkaloid content of 20 ephedra-containing products.

The article showed that the actual amounts of

ephedra alkaloid found in the products varied significantly from the amounts the labels promised. In one product, no ephedra alkaloid was found. In another, the amount of ephedra varied drastically from lot to lot.

An editorial accompanying the article noted that “the resultant danger to consumers is insidious, because many assume that all health-related products sold in the United States are labeled accurately and that dietary supplements in particular, are safe. The peril is also widespread, because poor quality in dietary supplements extends well beyond those containing ephedra.”

So be careful about the dietary supplements you take. Be sure to keep your family safe.

***Editor’s note:** Frederick M. Baron, president of the Association of Trial Lawyers of America, is a partner in the Dallas law firm of Baron & Budd, P.C.*

For more health and safety information and tips, please visit ALTA’s “Keep Our Families Safe” Web site at <http://familysafety.atla.org> .

From Counsel

Office of the Staff Judge Advocate

We all dread losing control at the end of our lives — but most of us avoid the relatively simple planning that assures that our wishes regarding health care will be followed.

Nowadays, preparing for possible end-of-life issues is simpler than ever, and is routinely part of estate planning. At the same time you and your lawyer prepare a will or trust to take care of your property, you can execute documents that direct how you'll be cared for if you're no longer able to make decisions about your life and death.

For health-care decisions, some states have family consent laws permitting other family members to make some health-care decisions on your behalf. But in most states, no one, not even your spouse, has the legal right to make any kind of decision on your behalf; they might have to file a court petition to get it, and obtaining such guardianships or conservatorships which can be expensive, time-consuming and still not accomplish your wishes.

As a result, most states have adopted various forms of other legal devices to help your wishes be carried out when you're incapable of making such important decisions. This planning is accomplished through advance directives that must be written. Remember that they're only valid if made while you are competent — not when you've entered an advanced state of, say, Alzheimer's disease.

Also, state laws about how these documents must be witnessed and created vary greatly. It is a good idea to get your lawyers' help to assure the documents meet the requirements of your state and are in accord with your overall estate plan. As a military member or family member eligible for military legal assistance, your legal assistance attorney can prepare a military advance medical directive and health care power of attorney for you.

Under Federal law, you may consent to or refuse

any medical treatment, and receive information about the risks and possible consequences of the procedure, about advance medical directives (such as living wills) and about life-sustaining medical care and your right to choose whether to receive it. No one else, not even a family member, has the right to make these kinds of decisions, unless you've been adjudged incompetent or are unable to make such decisions because, for example, you're in a coma or it's an emergency situation. No one can force an unwilling adult to accept medical treatment, even if it means saving his or her life. That's where the next two planning tools come in.

Advance Medical Directive (or living will)

A living will is a written declaration in which you state in advance your wishes about the use of life-prolonging medical care if you become terminally ill and unable to communicate. It lets your wishes be carried out even if you become unable to state them. If you don't want to burden your family with the medical expenses and prolonged grief involved in keeping you alive when there's no reasonable hope of revival, a living will typically authorizes withholding or turning off life-sustaining treatment if your condition is irreversible. Living wills typically come into play when you are incapable of making and communicating medical decisions. If your living will is properly prepared and clearly states your wishes, the hospital or doctor should abide by it, and will in turn be immune from criminal or civil liability for withholding treatment. Some people worry that by making out a living will, they are authorizing abandonment by the medical system, but a living will can state whatever your wishes are regarding treatment, so if you prefer to receive all possible treatment, whatever your condition, it's a good idea to state those wishes in a living will.

Health-Care Powers of Attorney

A special kind of durable power of attorney

called a health-care power of attorney deals with health-care planning. In it you appoint someone else to make health-care decisions for you — including, the decision to refuse intravenous feeding or turn off the respirator if you become incapable of making that decision.

The form can be used to make decisions about things like nursing homes, surgeries and artificial feeding. Since it's simply impossible to predict every possible contingency in an advance medical directive, having both a living will and a HCPA enables you to handle other kinds of disability, or gray-area cases where it's not certain that your terminally ill, or your doctor or state law fail to give your wishes due consideration. It is better to have a trusted relative or friend make the call.

Finally, despite recent changes in the law, old habits die hard and many doctors and nurses are still reluctant to turn off life support — even if that's what the patient wants. That's why you need an advocate appointed by your HCPA to press your intentions.

Make sure you put a copy of the form in your medical record. Since it's more flexible than a living will, the HCPA is a very useful document that could save you and your family much anxiety, grief and money.

You can revise or revoke the HCPA (or the living will) at any time, to include during a terminal illness, as long as you are competent and follow the procedures set out in your state's law. When you change or revoke either document, notify the people you gave the copies to, preferably in writing.

Comprehensive Directives

It's a good idea to prepare the HCPA and living will at the same time, and make sure they're compatible with each other and the rest of your estate plan. These days, planning for the day when you might not be able to decide for yourself should be regarded as an essential component of any estate plan.

Chapel

Fort Carson’s AWANA Club: making the gospel fun. — AWANA is an international non-denominational organization dedicated to sharing the gospel of Jesus Christ with young people. AWANA, an acronym for Approved Workmen Are Not Ashamed from the biblical verse 2 Timothy 2:15, is similar to scouting. Members wear uniforms, earn badges and are motivated through awards. There is also a strong emphasis on children/parent activities. Like Scouts, AWANA members progress through age-appropriate ranks.

Meetings are held Thursdays from 5:30 to 7 p.m. Pre-registration will be held Thursday and Aug. 31 from 4 to 4:45 p.m. at Soldiers’ Memorial Chapel. Spaces for adult leaders are available, and leadership training is free. For more information, contact Susan Webb at 538-9306.

GriefShare — Grief Recovery Support Group — Wednesdays 6 to 8 p.m., Family Readiness Center, building 1526. GriefShare is a weekly support group for people grieving the death of someone close. At GriefShare, attendees learn valuable information that will help them through this difficult time in their lives. For information, call Sabine at 526-6917.

Protestant Sunday School — Fall quarter of Fort Carson Protestant Sunday School is conducted each Sunday 9:30 a.m. beginning Sept. 10 at Soldiers’ Memorial Chapel, building 1500 at the corner of Nelson and Martinez Streets. Classes are offered for all ages. Three adult studies will kick-off on Sept. 10. Summer sessions continue through August featuring a mixed age group time of music, stories and video tapes.

Protestant Youth of the Chapel — The PYOC meets Sundays at Soldiers’ Memorial Chapel from 6:30 to 8:15 p.m. Weekly group meetings have taken on the name EDGE (Every Day God Experience). For more information, contact John Spencer at 471-9239.

Protestant Women of the Chapel — PWOC meets for prayer, fellowship and study at Soldiers’ Memorial Chapel Tuesdays at 9 a.m. and 7 p.m. Child care is available at the chapel for both groups. For more information, contact Jennifer Wake at 540-9157.

Chapel Schedule

ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	8:15 a.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Vakoc/526-5769
M-W-F	12:00 p.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Saturday	5 p.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Vakoc/526-5769
Sunday	8 a.m.	Mass	Veterans’	Magrath & Titus	Chap. Vakoc/526-5769
Sunday	9:30 a.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Vakoc/526-5769
Sunday	10:45 a.m.	CCD	Soldiers’	Nelson & Martinez	Ms. Feldman/526-0478
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Vakoc/526-5769
EASTERN ORTHODOX					
Sunday	8 a.m.	Divine Liturgy	Soldiers’	Nelson & Martinez	Chap. Olson/526-5772
CONTEMPORARY CHRISTIAN					
Thursday	7 p.m.	The “ROCK” Service	Spiritual Fitness Center	Barkeley & Ellis	Chap. Thornton/526-1374
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Slossen/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Pacania/526-4416
Sunday	9:30 a.m.	Protestant	Veterans’	Magrath & Titus	Chap. Atkins/524-1822
Sunday	11 a.m.	Protestant	Soldiers’	Nelson & Martinez	Chap. Wilkes/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers’	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	6:30 p.m.	PYOC	Soldiers’	Nelson & Martinez	Mr. Spencer/526-5229
For additional information, contact the Installation Chaplain’s Office, building 1550, at 526-5209. For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636. Normally, free child care is available during on-post worship services.					

Daily Bible Readings

In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Saturday — Psalms 74 & Esther 1-3

Sunday — Psalms 75 & Esther 4-6

Monday — Psalms 76 & Esther 7-9

Tuesday — Psalms 77 & Job 1-3

Wednesday — Psalms 78 & Job 4-6

Thursday — Psalms 79 & Job 7-9

Friday — Psalms 80 & Job 10-12

Chaplain’s Corner

Commentary by Chap. (Capt.) Scott C. Kennedy
64th Forward Support Battalion

March 20, 1990
Colorado Football Coach Bill McCartney
“I have a vision of men in every large city of America coming together in football stadiums in July of each year to honor the Lord Jesus Christ and cross barriers that now separate men from their Lord, wives, children and other christian men. The Church isn’t reaching men as it should, to train and teach them that a man’s man is a godly man. We can come together with friends in July 1990 to set a goal and strategy to begin reaching out to men. There is a special dynamic when men come together to honor Christ and commit to fasting and prayer to reach our spiritual potential as men. I can envision 1,000, 5,000 and 50,000 men coming together in Boulder, to reach men across our nation; then going into stadiums across America, motivating men to ‘make a difference’ in their families and churches for Jesus Christ.”

I believe the Lord gave Coach Mac that vision, because no human could have even conceived of Christian men coming together in such large numbers let alone actually making it happen. And yet, that is exactly what happened. From the humble beginnings in 1990 in Boulder where 72 men gathered to pray for

the fulfillment of the vision, Promise Keepers has reached out to and ministered to more than five million men. From large stadium events with more than 50,000 men, to small groups of men gathering in homes and businesses, to the historic Stand in the Gap Sacred Assembly where more than one million men gathered on The Mall in Washington, in October 1997, Promise Keepers has faithfully fulfilled the vision God gave Coach Mac more than a decade ago.

Millions of homes have been transformed by the principles taught to men at Promise Keepers gatherings. My own life was greatly impacted after attending my first Promise Keepers event in Boulder in 1994. My battalion commander had attended the first Promise Keepers conference to fill Folsom Field to capacity in 1993. He came back all fired up; encouraging everyone to attend next year’s men’s conference. I took him up on the offer and even invited my dad to go along. He agreed to go with me and we had the time of our lives.

After I returned, I too was eagerly encouraging others to get to a conference as soon as they could. I started many small groups for men because it became very apparent to me how independent and lonely men seemed to be. Most of us did not have great male role models and therefore were terribly missing the mark

in our relationships with our families and our God.

Over the past decade, Promise Keepers has made great strides to bridge the gaps created by racial, denominational, socioeconomic and age differences. Promise Keepers has been equally effective in strengthening families by helping men to make and keep their promises to love, honor and cherish, provide for and to protect their wives and children.

Promise Keepers works well with military men, because it encourages men to practice spiritual, moral, ethical and sexual purity; build strong marriages and families; reach beyond racial and denominational barriers to demonstrate unity; and it underscores the importance of accountability. With the Army’s current emphasis upon the Core Army Values through the Consideration of Others Program, Promise Keepers serves as a great resource for male soldiers.

If you’ve never attended a Promise Keepers event and even if you have and would like to attend another one, I highly encourage you to attend the next conference in Denver at the Pepsi Center, Sept. 8 and 9. The Fort Carson Unit Ministry Team will be taking 70 men this year, thanks to the generosity of Promise Keepers and the support of the Chaplain’s Fund. For more information or to sign up, please call Chaplain Scott Kennedy at 526-6197.

Skin cancer: surgeons repair nature’s damage

by Beth Settle

Fort Sam Houston News Leader

If you think you can’t get skin cancer, you’re probably wrong. Just ask the dozen or so patients who come to the Brooke Army Medical Center dermatology clinic every day to have cancer growths cut off. They probably thought they’d never get cancer either. They were wrong.

Air Force Maj. (Dr.) John Albertini is a dermatologist and surgeon in the BAMC dermatology clinic. He specializes in Mohs micrographic surgery and is one of two Air Force dermatologists who specialize in it (the other is stationed at Keesler Air Force Base, Miss.). The Army has two Mohs-trained surgeons, Lt. Col. (Dr.) Mary Farley, who works at BAMC with Albertini, and another who works at Walter Reed Medical Center in Washington.

A Mohs-trained surgeon is a physician, pathologist and reconstructive surgeon. He or she starts their medical track as a physician, spends an additional four years specializing in dermatology and then an additional year learning how to perform Mohs micrographic surgery.

Though Mohs surgery is probably the best treatment available for curing skin cancer — it has a 99 percent cure rate — there are others. Common treatments include scraping and burning, freezing, radiation and routine excision. Mohs surgery is performed when growths are located in cosmetically sensitive or functionally critical areas such as around the eyes, ears, nose, lips, fingers and genitals.

The two types of cancer surgery most commonly performed in the dermatologic surgery unit at BAMC are Mohs surgery and routine excisions.

Not as exact as Mohs, excisional surgery requires the surgeon to remove a larger area of the skin than is necessary with Mohs surgery. It’s performed on areas

that don’t require intricate reconstruction, and has a 90 to 95 percent cure rate.

Mohs surgery technique is different from the standard excision method in that the visible portion of the tumor is removed and a thin layer of tissue is excised from the surrounding skin and base. The removed tissue is then mapped and sectioned, similar to the way a pie is cut into slices. The deep and peripheral margins of each section are thinly sliced and mounted on a microscope and examined. If additional tumor is found, it is located on the map, marked and removed. The examination/removal process continues until the tumor is completely removed.

“It (Mohs surgery technique) is better for the patient because they get everything done in one-stop shopping. They come in and get their cancer removed with the highest cure rate — they know when they leave that we got it all — and they get fixed the same day,” said Albertini. He also said it’s more cost effective than having to be admitted to the hospital because the technique is done on an outpatient basis and under a local anesthesia.

Albertini said there are basically three forms of skin cancer: basal cell carcinoma, squamous cell carcinoma and the most dangerous, malignant melanoma.

“San Antonio is a high sun-exposed area and we have a large aged (senior) population living here,” said Albertini. He said the majority of his patients are retirees from 60 to 70 years old, but he added that every week he sees people in their 20s.

When Farley talks to her elderly patients about their cancer they tell her that they never go out in the sun. She reminds them that 80 to 85 percent of sun damage is done by age 18. After that, the damage people get from the sun is mostly incidental or reflec-

tive.

“In Texas we’re exposed year-round to the sun’s rays. Every time we go out to get the mail, walk from the PX parking lot to the PX, anytime we’re outside we’re getting incidental sun,” she said.

Farley said by the time a patient gets to the clinic the damage has already been done. But she continues to educate her patients on the importance of staying out of the sun as much as possible and wear sunscreen.

Walk into any discount store or drug store and you’ll see scores of different sun-tanning and sun-protection products. With the growing number of skin cancers appearing on people every day, many people are making an effort to protect themselves by buying all kinds of products with sunscreen or sunblock in them. Makeup, hair care products, body lotion and bug sprays are just a few products now available with sun protection in them. Whether you use a gel or a lotion, cream or a spray, Albertini recommends you apply at least Sun Protection Factor 15 sunblock to your skin every day. He said it doesn’t matter who makes it or how much it costs as long as it contains zinc oxide or titanium dioxide.

“The best sunscreen is the one you’ll use,” said Albertini.

He added that the best way to protect yourself from sun damage and to keep from having to visit the dermatology clinic is to wear sunblock every day, wear protective clothing, and stay out of the sun between 10 a.m. and 3 p.m. He also added, don’t forget to apply sunscreen to your children before they go out to play or are exposed to the sun.

“If we protect our kids in the critical years — the first 20 years — we can really prevent a lot of damage later on,” said Albertini.

Military

Oklahoma ARNG appoints first female sergeant major

**45th Enhanced Separate Brigade,
7th Infantry Division**
OKLAHOMA CITY — Master Sgt. Laura Fenney of the Oklahoma National Guard was promoted to the rank of sergeant major Aug. 7. She has 20 years of service.

Sergeant Maj. Feeney enlisted in the Oklahoma Army National Guard July 11, 1980. After completing basic training, she was trained as an administrative specialist and assigned to Headquarters State Area Command in Oklahoma City. In September of 1981 Feeney joined the Oklahoma Recruiting and

Retention Office where she has remained for most of the past nineteen years.

Since 1981 she has held a number of positions within the Recruiting and Retention Office including administrative specialist and noncommissioned officer, area retention NCO, budget NCO, military entrance processing center guidance counselor and senior MEPS guidance counselor. Feeney is currently the operations sergeant major for the recruiting and retention office.

Feeney was accompanied at the ceremony by her children, Tiffany and Michael, her husband, Sgt. Maj.

Tom Feeney. Nearly 100 Oklahoma National Guard members including the Oklahoma Adjutant General, Stephen Cortright and the Oklahoma State Command Sergeant Major, Marvin Barbee, attended the promotion.

During the ceremony Cortright said, “Sgt. Maj. Feeney is a shining example of what a soldier, gender aside, can accomplish when they put themselves to it. Sgt. Maj. Feeney is the only sergeant major I have known to attain the rank of sergeant major in just 20 years. This speaks highly of her and the Oklahoma Army National Guard.”

New Army policy changes procedures for airline ticketing, travel

Department of the Army

New army guidance governing the exchange of official airline tickets at other than commercial travel offices under contract to the government has recently been issued.

When there is a need or a requirement for travelers to change an official airline ticket en route, e.g., at the airport, the first option for any official change should be to call the 800 number listed on the itinerary invoice or the servicing CTO. If a traveler makes a change directly with the airlines and the change to the itinerary results in an additional cost to the U.S. Government on a centrally billed account, it is considered an unauthorized charge.

Any additional cost associated with a ticket

exchange should be charged to the traveler’s individual government charge card/individual billed account if the change involves an official travel requirement. Unauthorized charges that are eventually approved by the ITO or approving official may be claimed as a reimbursable cost item.

In extenuating circumstances such as when the 800 number on the itinerary or the servicing CTO is not available and the traveler does not possess account, the additional collection may be charged to the central account. However, it is imperative that the traveler, upon returning to the permanent duty station or after completing the travel mission, must contact the installation transportation office for guidance on completing the documentation required for the addi-

tional change collection. Usually the traveler’s orders will need to be amended to include additional monies to cover the charges. Unauthorized charges or expenditures not reported by the traveler to the INTO may subject the traveler to administrative or disciplinary action.

Any ticket changes considered unofficial in nature which result in additional costs to the government are the responsibility of the traveler. The additional costs incurred should be charged to the traveler’s personal charge card or paid by cash or check. In the event that unofficial additional collections are charged to the central account, the traveler will be responsible for the charges transferred to his/her personal credit card.

With friends like these, recruiters don’t need enemies

Commentary by Spc. Lindsay Pike
Alaska Post

When I walked into the recruiter’s office four years ago, he painted the perfect Army picture. He told me about great schooling and medical benefits, travel opportunities and the pride that came with being a soldier. Soon after I stepped out of the office the perfect picture was torn up by negative and contradictory remarks. The new picture was 5:30 a.m. formations, green chowhall slop and bad jobs. The artist who painted that terrifying picture was not one of my friends or family members, but someone who put on a green uniform every day. This soldier, home on leave, spoke of huge drill sergeants barking out orders, the stench from chow halls as soldiers passed during the six-mile morning run, the dreadful life in the field, eating tree bark and bugs for dinner. What this soldier was describing was not the military — it was prison. Many potential recruits come face-to-face with soldiers before joining. Sometimes these soldiers give what they call “helpful” advice. They seem to remember only the bad instances and share them. Soldiers represent the whole Army. When a soldier puts down one aspect of the service, they put down every soldier who has served.

“One of the Army’s core values is loyalty,” said Staff Sgt. Mark Biggs of Alaska Recruiting Company. “When soldiers who are currently serving in the Army do anything that may negatively influence a potential soldier, they are not being loyal.” Soldiers know how understrength the Army is today. It seems every day they gripe about how there are not enough of us to do all the required duties. If this is so, how can soldiers say negative things to recruits, knowing it could mean they won’t join the Army? One common scenario, according to Biggs, is when a young recruit returns from the military entrance processing center with job “X.” A well-intentioned soldier tells them job “X” is horrible. The recruit then goes back and demands job “Y” in order to enlist. Maybe the soldiers feel they are helping the recruit get the right job, but those soldiers do not know the recruit’s qualifications. Low test scores, MOS’s that are filled, and most of all, the needs of the Army — all dictate who gets which job. “Not every job will appeal to any particular applicant,” Biggs said. “Not every applicant will be qualified for any particular job.” But with more than 200 jobs to choose from,

there are several that appeal to a potential soldier. Soldiers also talk about bad experiences at duty stations. Sometimes when I speak with fellow soldiers, Fort Leonard Wood, Mo., comes up as having horrible weather, making training there unbearable. They recall shoveling through three inches of ice before digging into frozen ground to make their foxholes. Others say that it rained the entire time they were stationed there. Growing up, I lived next to Fort Leonard Wood and loved it, rain and shine. Young recruits are making a huge decision about what to do with a few years of their lives. If they hear soldiers bad-mouthing the Army, they become confused about whether this decision is a good one, and maybe they don’t join the Army or Navy or Air Force. Every soldier has a different experience. Some soldiers love basic training, while others hate it. Some soldiers visit Korea several times throughout their enlistment, while others never want to see Korea. Ask yourself why you joined. Was it for the college money, or for a chance to see different places? Share these thoughts with new recruits. And let the recruiters do their jobs.

Nurse practitioner population increasing by demand

by Cleo Brennan
Fort Sam Houston Public Affairs

The demand for nurse practitioners throughout the Army is driving a professional population explosion.

The number of master's degree nurse practitioner programs and applicants for those programs, has hit an all time high, according to Lt. Col. Ernie Degenhardt, nurse practitioner consultant to the Army surgeon general. There are currently only 167 active duty nurse practitioners in the Army, and Degenhardt said, "Our military treatment facility commanders are requesting more of them than we have to give."

"The role of nurse practitioners has really never been more in demand and cost effectiveness in providing care has never been more important than it is now," Degenhardt said.

Nurse practitioners carry a master's degree in their area of concentration, in addition to a bachelor's degree in nursing and job experience. Army nurse practitioners reach the highest standard in the country. To obtain the certification by a national certifying agency, an Army requirement, they must meet or exceed the nurse practitioner standards for all 50 states.

Degenhardt said the vast majority of our nurse practitioners are a result of sending Army nurses to civilian graduate school or the Uniform Services University of Health Sciences. Because the demand is high, he said the Army has begun to bring in a small number of nurse practitioners directly from the civilian sector. Nurse practitioners can specialize in adult care, pediatric care, obstetrician/gynecologist care or geriatric care. On the other hand, family nurse practitioners are generalists, versatile primary care providers for all patients in all stages of life.

Nurse practitioners work in outpatient care, compile health histories, perform physical exams, order and perform diagnostic tests, analyze data, formulate a problem list and develop and implement plans of care. They perform routine clinical procedures and

focus on patient education.

"Beyond doing a lot of the things that physicians do in outpatient care, we spend time on patient education in our practice, providing the knowledge and tools for patients to better care for themselves. In addition, we very frequently take the lead in things such as obesity classes, diabetes classes and smoking cessation classes," said Degenhardt.

Colonel (Dr.) Suzanne Cuda, chief of the family medicine service, described the dynamics between physicians and nurse practitioners as a symbiotic relationship in which both parties support each other along a continuum of care, with a large area of overlap. Nurse practitioners learn to refer harder, more complicated health problems to physicians, while physicians learn to refer a lot of the health maintenance and wellness problems to nurse practitioners.

The role of nurse practitioners in civilian hospitals and clinics is very much the same as in military institutions. But military nurse practitioners have an expanded role outside the clinic. They must be ready on short notice to provide care on the battlefield, on peacekeeping missions, or during natural disasters; to deploy or backfill for nurse practitioners deployed from other Army medical treatment facilities.

About half the health care providers in Brooke Army Medical Center's new Family Medicine Clinic are military or civilian family nurse practitioners.

Over the past 10 months, one BAMC family nurse practitioner deployed to Bosnia and six others deployed to backfill at other medical treatment facilities stateside.

Degenhardt works to incorporate opportunities for reservists to augment the resulting military family nurse practitioner shortage at BAMC, in a progressive chain of support of overseas missions.

"Family nurse practitioners' versatility is immense because they can see patients from all age groups, even in Bosnia, Kosovo or Haiti," Degenhardt explained. "We've got to be able to do that if we're going to effectively meet missions."

He added that nurse practitioners are also heavily engaged in research. They have the opportunity to really see the patterns in health issues of the population and have the educational background to do solid research.

Major Paul Lewis, family nurse practitioner, said that primary care is new to the Army. His role as a primary care provider in the family medicine service is to provide his patients with the breadth of all medical care available in BAMC, in one spot, sparing them the inconvenience of bouncing through different clinics for different things.

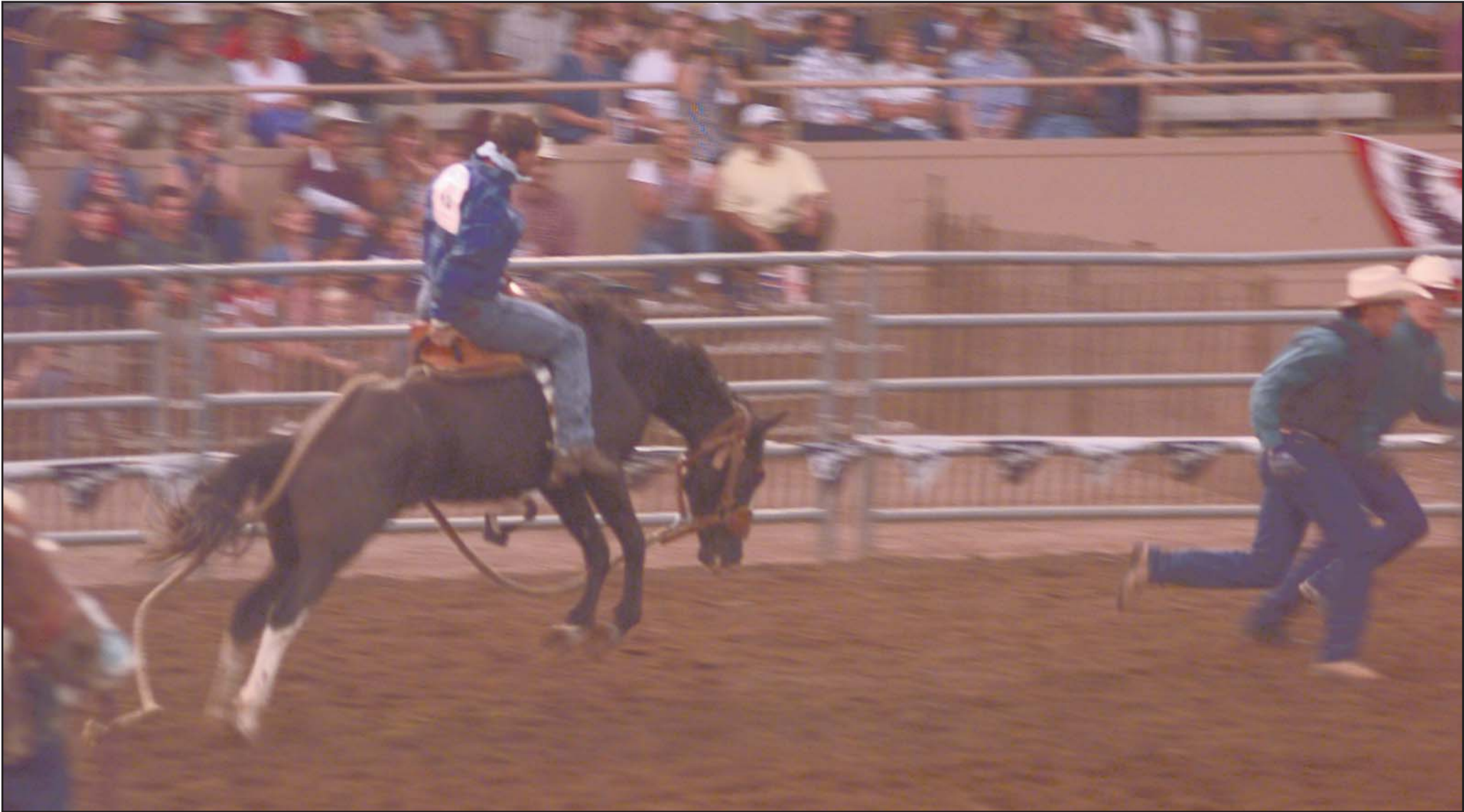
"I like the concept of a primary provider. It actually provides better patient care, continuity of care and patients like a face they can relate to. It makes it easy because we do telephone consults too; there is a lot of stuff you can manage over the telephone, if you know the patient," he added.

"Nurse practitioners still are not well known and patients don't typically understand the breadth of service that we can provide. In addition to years of nursing experience, the education background is the big thing that nurse practitioners bring to patient care. We educate patients. We take the time to say, 'This is what's wrong, this is why it's happening and this is how we're going to fix it.'" Lewis said.

Cuda noted that 50 years ago patients only sought medical care when they were extremely ill, usually needing hospitalization. Now, there's a lot of emphasis on keeping patients well, not just keeping them alive or getting over an immediate health crisis. Even with disease, the emphasis is on keeping the disease as minimal as possible, to increase the quality of life.

"That's why the whole field has expanded so much. We're really moving toward population health management and family nurse practitioners are going to be a big part of that," said Cuda.

Editor's note: *This is the first in a series of articles on Army nurses. The focus of the articles will be on the specialists within the nursing field and their importance to military health care.*



The rodeo began with a ‘wild bronc’ race in which cowboys had to saddle and ride half-tame horses.



Jeff Nilsson, from Canada, practices steer roping in the parking lot before the rodeo. He travels and works during the summer with his grandfather, who provides livestock for rodeos.



Fort Carson's Mounted Color Guard, one of two m



Mike Mitt, a professional rodeo clown, applies his clown makeup.



A cowboy wrestles a steer to the ground during the competition at the Pikes Peak or Bust Rodeo at Penrose Stadium Aug. 11.

Rodeo honors Fort Carson

Story and photos by
Spc. Bryan Beach

14th Public Affairs Detachment

Fort Carson soldiers and family members were guests of honor at the Pikes Peak or Bust Rodeo at Penrose Stadium Aug. 11.

The post is honored each year with a special night. Earlier in the week, Fort Carson was also honored by being inducted into the Pikes Peak or Bust Rodeo Hall of Fame not to be confused with the Pro Rodeo Hall of Fame..

Among the pre-show activities, the Fort Carson Mounted Color Guard and the post's vocal group, Harmony in Motion, performed for the audience. The color guard performed a riding routine and Harmony in Motion rendered its version of the national anthem.

Colorado Springs is smack dab in the middle of rodeo country. The Pikes Peak or Bust Rodeo is one of the top 20 rodeos in the country. Colorado Springs is home to the previously mentioned Pro Rodeo Hall of Fame as well as the Professional Rodeo Cowboy Association.

The sport of rodeo itself is unlike any other sport. Professional rodeo is the only sport in which athletes pay an entry fee to participate. Imagine a baseball, football or basketball player paying to play. For rodeo cowboys, one missed throw of the lasso, one slipped grip and the cowboy doesn't even recoup his entry fee.

What also makes rodeo unique is the fact that it's the only sport to develop from a work situation. Rodeos came about because cowboys did these things for a living — roping and riding.

"It's great to come out here and get to see such fine athletes perform," said Maj. Gen. Edward Soriano, 7th Infantry Division and Fort Carson commanding general, when he spoke to the crowd during the opening ceremonies. "I'm glad that Fort Carson can be a part of such a fine event."



Mounted color guards in the Army, performed at the Pikes Peak or Bust Rodeo Aug. 11.

August is Army-wide Voter Registration Month

WASHINGTON — The Army Voting Assistance program kicked off its voter registration drive this month to ensure that every eligible soldier has a chance to participate in the Nov. 7 general election.

During August, every soldier and overseas civilian employee will be given a Federal Post Card Application, SF-76, that will allow him or her to register to vote and request absentee ballot, officials said.

The month-long effort to register voters will be followed by Armed Forces Voters Week Sept. 3 to 9 and marks one of the last few weeks that voters can safely submit the FPCA and meet most state deadlines, FVAP officials say.

One of the goals of the voting assistance program is to emphasize the importance of requesting registration and absentee ballots as soon as possible and encourage voters to return those ballots in time to reach their local election official’s by deadline.

Deadlines vary for each state and can be as early at 30 days prior to the election or as late as the day of the election, but that doesn’t leave much time to return the ballots, said Schott Wiedmann, FVAP deputy director.

Each state deadline is listed separately in Chapter 3 of the 2000-01 Voting Assistance Guide, which can be obtained by contacting voting assistance officers at military installations, U.S. embassies or consulates. A copy is also available at the FVAP website at <http://www.fvap.ncr.gov> .

Generally, most states start mailing ballots to citizens 30 to 45 days before the election. “In order to give yourself the most time, voters should have their requests in prior to that 45 day period, then their ballots will be among the first to go out,” Wiedmann said.

“Any time now is a good time to start requesting absentee ballots,” Wiedman said.

The Army Voting Assistance program is part of the Federal Voting Assistance program whose mission is to assist soldiers and other eligible individuals in

requesting information about the election, registration and absentee ballots. An individual must be a U.S. citizen 18 years or older to be eligible to vote.

The program accomplishes its mission through the services provided by more than 70,000 Voting Assistance Officers in military units, 250 Embassy and Consulate VAOs, thousands of state and government officials, and personnel at 6,000 Armed Forces recruitment offices nationwide.

The FVAP provides assistance to about 1.4 million military members, 1.3 million eligible dependents and 200,000 federal civilian employees outside the United States, Wiedmann said.

“Although we can’t go anything that is partisan, we can educate (voters) on how to participate,” Wiedmann said.

That education includes reminding soldiers and overseas civilian employees of directives, policies and legal limits governing their conduct during an election year.

While it does not draft the directives, the FVAP recommends that members of the Armed Forces refer to the Department of Defense Directive 1344.10 and overseas civilian employees refer to the Federal Hatch Act for information on conduct during the election season, Wiedmann said.

Most civilian employees may be involved in political campaigns such as voter registration drives and can actively support candidates in partisan elections, but there are important restrictions on certain other political activities whether on or off duty.

Soldiers are on duty 24 hours a day. They can not participate in partisan political “management, campaigns and conventions.” They are free to express their “personal opinions on political candidates and issues, but not as representatives of the Armed Forces.”

Federal employees can visit the Federal Hatch Act Web site at www.osc.gov/hatchact.htm for more information on prohibited political activities. Members of the Armed Forces can visit the

Department of Defense Web site at www.defenselink.mil to view a copy of DOD Directive 1344.10.

The FVAP also recommends that soldiers check with their commanding officers or legal officers at their installations regarding political activities during the election season to be sure that any specific guidelines set by the installation are followed, Wiedmann said.

Army leaders at all levels are encouraged to support FVAP effort to provide all eligible voters the opportunity to participate in the upcoming election, said Thomas Feazell, Army Voting Assistance coordinator.

“We ask that commanders get personally involved in conjunction with the FVAP to urge, motivate and educate soldiers to participate so soldiers can exercise their rights as citizens,” Feazell said.

“If you are not a voter you are not involved in the United States process of freedom,” Feazell said. “As a soldier you’re just serving with no voice.”

For more information on the Federal Hatch Act, the act that controls the political activities of federal employees, on the U.S. Office of the Special Counsel Web site at www.osc.gov/hatchact.htm . Check out these Web sites to learn more about voting and voting registration:

- <http://www.fvap.ncr.gov>
- <http://www.defenselink.mil>
- <http://www.osc.gov>

July Re-enlistments

USAG

Sgt. 1st Class: Martin Steed.
Staff Sgt.: Richard Ousley.
Sgt.: Cristian Hernandez, James Iverson,
Christine Martinez, Kenneth Spruill.
Spc.: Marc Fiore.

3rd ACR

Sgt 1st Class: Luis Cruz, Michael Sedillo,
Thomas Eppler, Steven Bethea, Lula Sharpe,
Phillip Langvardt.
Staff Sgt.: Melvin Beavers, Rodney Johnson,
Patrick Burbridge, Walter Trotter, Guy Chabot,
Sammy Sain, John Wallingford.
Sgt.: Ameik Johnson, Patrick Bland,
Jason Kresser, Joshua Melocik, Daryl Yost,
Waldo Griego, Earl Hays, Andrew Glick,
Alfred Christy.
Spc.: John Kay, Darren Lewis,
Robert Wareman, Daniel Noel,
David Wintermute, Johnny Ellerbe.
Pfc.: Edwin Guzman.

3rd BCT

Sgt. 1st Class: Miles Luper, Guadalupe Roman,
Lawrence Kelly.
Staff Sgt.: Charles Lopez, Michael Morton,
Patrick James, Danian Dellabar,
Ronald Sheldon.
Sgt.: David Goode, Joseph Scarpill, Brian Tuttle,
Katrina Breaux, Duane Jolly, Richard Hunt,
Jason Kreiling, Gorey Fraction, Joshua Smart,
Todd Moyer, Walter Smith, Robert French,
Robert Osborne, Brian Nolan.
Spc: Christopher Ford, Ralph Garner,
William Lear, Carl Mason, Kevi Fahie,
Miguel Calderon, Gerardo Quintero,
Gordon Adams, James Rollins,
Fernando Alvarez, James Rosa,
Stehpon Duberry, Martin Elizarraras,
Curry Slack, Shaun Jensen, Kurt Ford,
Demetrius Robinson, Christopher Champagne,
Michael Mitchell, James Hill, Niall Twomey.
Pfc.: Chris Fullinton, Chin Khap.

43rd ASG

Sgt. 1st Class: Saeed A. Mustafa,Floyd J. Jackson.
Staff Sgt.: Cantrice H. James,
Richard V. Blackledge, Terry K. Finch,
Michael E. Tracy, Christopher S. Turnbull,
James G. R. Bell.
Sgt.: Jamie B. Burton,
Todd D. Leverett, Rex L. Anglin,
Kenneth R. Kelly, Ulysses S. Hicks II,
Spc: Matthew M. Fennell. William H. Richards,
Jessey E. Gilley, Michelle B. Whetstone,
Alan J. Shafer, Todd E. Marshall,
Heather S. Mcgriff, Clint R. Flood,
David R. Williams, Deloris P. Thomas,
Crystal L. Doyle.

MEDDAC

Sgt.: Evelyn Dillhunt.

10th SFG

Master Sgt.: William Wright.
Sgt. 1st Class: Andrew Humann.
Sgt.: Roger Armstrong, Sean Kinser.

Show me the money



Jumper

by Sgt. 1st Class John Jumper
52nd Engineer Battalion

It has been said that we live in the “Age of Communication.” If the explosion of wireless phone service is any indication, it must be true. Competition in the market place is generally a good thing. However, the more options available require

more research and better education.

First ask the question; “Do I need wireless service?” Most soldiers really don’t have a need for continuous communications. Is there a valid need that you are in contact with anyone at anytime? Or is it merely a matter of convenience? Of course there are many situations when the need is valid. Once the need has been determined, evaluate the level of the need. Is the need as such that it requires two-way communications? Or can the need be satisfied with a less expensive pager? A simple pager is certainly less expensive than two-way communications in both

hardware and the service provided. If your need requires two-way communications, you have a lot of homework to do. Sit down and take a good look at what you really need.

Ask a lot of questions. Take a look at the hardware, the phone itself. Look at cost, range, battery life, size, accessories, single range, compatibility with other modes (analog, digital).

Although there are a lot of options available, stay focused on what you need. Selecting the right phone for you can also be a challenge. How many ringers, songs or video games do you need built into your phone? How many times will you really need to change the color and face of your phone? Is it really important that the antenna have flashing lights? Or is it really just important that the phone and service plan suit your needs, whatever they may be.

Once you have the phone, what will you use it for? Emergencies, casual conversations, business calls or will this be your only phone? Many service providers include several options with their service. Research your local providers to determine which one offers a service plan that best suit your needs with minimal cost.

With the variety of plans available, you can almost custom design your service to fit exactly into your lifestyle and budget. Once you’ve selected your plan, monitor your phone usage. Watch the amount of time you spend on the phone (most phones come with timers that will track usage). If you select a plan with 300 minutes of usage, but only regularly use 150 minutes per month, you may be able to alter your plan to 200 minutes and reduce your monthly charges. Or if you find yourself using on average of 400 minutes monthly, you can adjust your plan to include more minutes to avoid paying additional charges. Don’t pay for what you don’t use and don’t pay extra when you don’t have to.

Wireless phones have become more than a convenience, they have evolved into social status symbols and fashion accessories. Their convenience has self generated a perception of need. Their convenience has also created another financial hazard for consumers.

For more information on purchasing anything by contract — see your local command financial non-commissioned officer. It’s your money; we just enable you to use it wisely.

Dining Schedule

Weekday Dining Facilities

A La Carte Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
3rd BCT Iron Bde. (building 2061)
Butts Army Airfield (building 9612)

Standard Facilities

10th Special Forces Group (building 7481)

Weekday Meal Hours

Mon., Tue., Wed. and Fri.	Thurs.
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.
Dinner 5 to 6:30 p.m.	4 to 5:30 p.m.

Week of Aug. 19 to 25

Exceptions

- Butts Army Airfield Dining Facility is open for lunch only.
- 10th SFG (A) meal hours are the same Monday through Friday. It does not serve a dinner meal on Fridays.
- Patton House Dining Facility is closed until Sept. 11.
- Mountaineer Inn Dining Facility is closed until further notice.

Weekend Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd BCT Iron Bde. (building 2061)
3rd ACR CAV House (building 2461)

Saturday Meal Hours

Breakfast	8 to 10 a.m.
Lunch	11:30 a.m. to 1 p.m.
Dinner	4 to 6 p.m.

Sunday Brunch/Supper Meal Hours

Brunch	9 a.m. to 1 p.m.
Supper	3:30 to 6 p.m.

Family members are cordially invited to dine at Fort Carson dining facilities.

*Oriental MINH Express is now open
in the Iron Brigade dining facility*

Sports & Leisure

Crazy Horse wins intramural title



Crazy Horse outfielder Mike Sedillo winds up and cranks out one of his two home runs in the championship game Friday night at the Mountain Post Sports Complex.

by Walt Johnson
Mountaineer staff

Crazy Horse Troop, 1st Squadron, 3rd Armored Cavalry Regiment rode the heavy hitting of Mike Sedillo and Todd Baughman and outstanding defense to a 25-2 victory over Services Battery, 3rd Battalion, 29th Field Artillery to capture the Fort Carson 2000 softball intramural championship.

The 2000 intramural championship series here will be known for two things: one was the dominance of the Crazy Horse team and second will be the historic aspect of a tournament that saw two of the last three teams in the tournament each being able to make the claim that they were unbeaten as they entered the final round.

The championship round started Friday night at the Mountain Post Sports Complex with the 4th Personnel Services Battalion meeting the defending champions, Bravo 1st Battalion, 12th Infantry. The winner of this game would move on to the final three in the tournament and have the chance to win this year's title.

The format for the tournament calls for teams to come out of the losers' bracket in order to play the winners bracket champion for the title. Crazy Horse, was the winners' bracket champion, having gone undefeated in the tournament. That was the part of the final three that was normal. One of the teams that was playing in the "losers" bracket of the tournament, Bravo Company, actually had not lost a

game, well technically anyway. Because of military commitments, the Bravo team lost its first game of the tournament via a forfeit. Technically they had a lost but they had not been beaten in the tournament. In the first game of the night, in a close well played game that saw both teams fighting with every ounce of energy they had, the defending champions beat the 4th PSB 16-14 in their last at bat to earn the right to meet Services Battery in the losers bracket championship game.

Services only loss in the tournament was a 21-11 defeat at the hands of Crazy Horse Aug. 10.

The victory meant Bravo Company would join Services and Crazy Horse for the opportunity to win this year's title. One thing was certain as Services Battery and Bravo Company met for the chance to play for the title, the winner would meet a dominant foe in the championship game in the Crazy Horse team.

Each team started the game with the type of confidence a good roll will give and the game promised to be an exciting match up. It was even better than that.

Services jumped out to a 10-0 lead on Bravo after one inning and fans and players alike were whispering that the game could be a rout. But the Bravo team also showed the heart of a champion and refused to let the early deficit get them down. They kept battling the

See Playoffs, Page 26



Mike Sedillo, right, and Todd Baughman supplied the power for Crazy Horse.



A Crazy Horse runner beats the throw to first base in the first inning of the championship game Friday.

On the Bench

Young men give the old guy faith in the future

by Walt Johnson
Mountaineer staff

Folks, there were a couple of instances over the weekend where sports mirrored life and I learned a lot about some wonderful people. Being an old retiree I find myself asking if the military is as strong as it was when I was active. Let me share two thoughts with you that tells me you and I should rest well.



I went to the football stadium next to Sky Sox Stadium Aug. 12 and came away swelled with pride.

I went to see the football game between the Colorado Springs Generals and Colorado Springs Flames that featured Fort Carson players Archie Bates and David Slaise with the Generals and Joseph Johnson with the Flames.

I watched these young men compete against each other in a game that had the same kind of "family" rivalry as any Dallas Cowboys-Washington Redskins matchup ever would. There was the same type of trash talking and ill intentions that would go on in one of those Cowboy and Redskins games because neither team wanted to go home a step short of the championship game and they played their hearts out.

Only one team could win and in the end that team was the Flames. After three hours of battling and kicking and scratching and biting, the teams met in the middle of the field and the Flames accepted congratulations from the Generals with the type of class and dignity you would expect from a champion. The story does go deeper.

Johnson and Slaise played minor roles in the

game, Johnson because of injury, Slaise is a young player whose time is coming. Still, Slaise in defeat and Johnson in victory, showed the type of class no one at the Mountain Post would be ashamed of. The man that impressed me the most, though, was Bates.

I have watched Bates closely for two years as a professional officer and I can't tell you how much I admire the man's leadership abilities. I like to look at how a man acts in adversity to see what he would be like in a wartime situation. Faced with adversity, Bates responded in a manner that would make anyone proud and not question his leadership abilities.

He showed so much class and grace in the face of what was a heartbreaking loss for him—this was the second year in a row the Flames ended his hopes of going to the championship—that I remember my first thoughts were if I ever get called back to active duty for a national



Photo by Walt Johnson
Fort Carson's Joseph Johnson, a member of the Colorado Springs Flames, encourages his teammates during the first half of their victory over the Colorado Springs Generals Saturday.

emergency, I want to serve in a unit commanded by

See Bench Page 25

Bench

From Page 24
Bates.

My second thoughts came as, I saw a unit win the intramural softball championship Aug. 11 that had something in common with the two teams that did not win the title.

Each of the final three teams showed that there is more to be gained in unity than any of them could gain individually. As well as the individual talents of some players from each team are, none of them could have achieved the success they did without the benefits of their teammates. I get the feeling if these guys had to go to war with each other, the other guys had better be prepared to do two things:, get a whipping and like it.

Intramural sports director Josh Mitchell has asked me to remind you that letter of intents to play flag football need to be turned in no later than Thursday at the Post Physical Fitness Center. When the letter of intent is turned in, units need to have all military commitments on the letter and designate a point of contact with that POC's telephone number.

The first meeting for the flag football season is scheduled to be held Sept. 6 at the Post Physical Fitness Center at 1:30 p.m. For more information contact Mitchell at 526-2411.

Mitchell also is looking for anyone interested in coaching the men and women's varsity basketball teams this year. Anyone interested in coaching the teams should send a resume to Mitchell

at the Post Physical Fitness Center. Mitchell is also interested in knowing if any women are interested in playing in a "powder puff" football league on post this season. Any interested people or units should contact Mitchell at 526-2411.

The post soccer team went to New Mexico Aug. 12 and 13 and won two games, 4-2 and 5-2, according to head coach Ben Stancati, with only 11 players. Stancati said Vic Rojas and Vic Markovich were the main goal scorers for the team. Juan Sallate played four different positions for the post team and excelled at all of them, according to Stancati.

Anyone interested in trying out for the post soccer team should come to try-outs Tuesday and Thursday evenings at 5:30 p.m. at the soccer field next to Forrest Fitness Center. The final team cuts are scheduled for Sept. 7.

Anyone interested in becoming a personal fitness trainer should mark Sept. 16 and 17 on the calendar.

On those dates the post wellness center will host certification workshops, taught by instructors Mike Rickett and Marlene Jenkins. For more information on the certification classes call Mel Sharpe at 719-337-2061.

Gang, I need the help of all Mountain Post people who want to help me pick the next Super Bowl champion.

In two weeks the NFL will kick off its season and I would like to get the views and thoughts of Mountian Post people in the

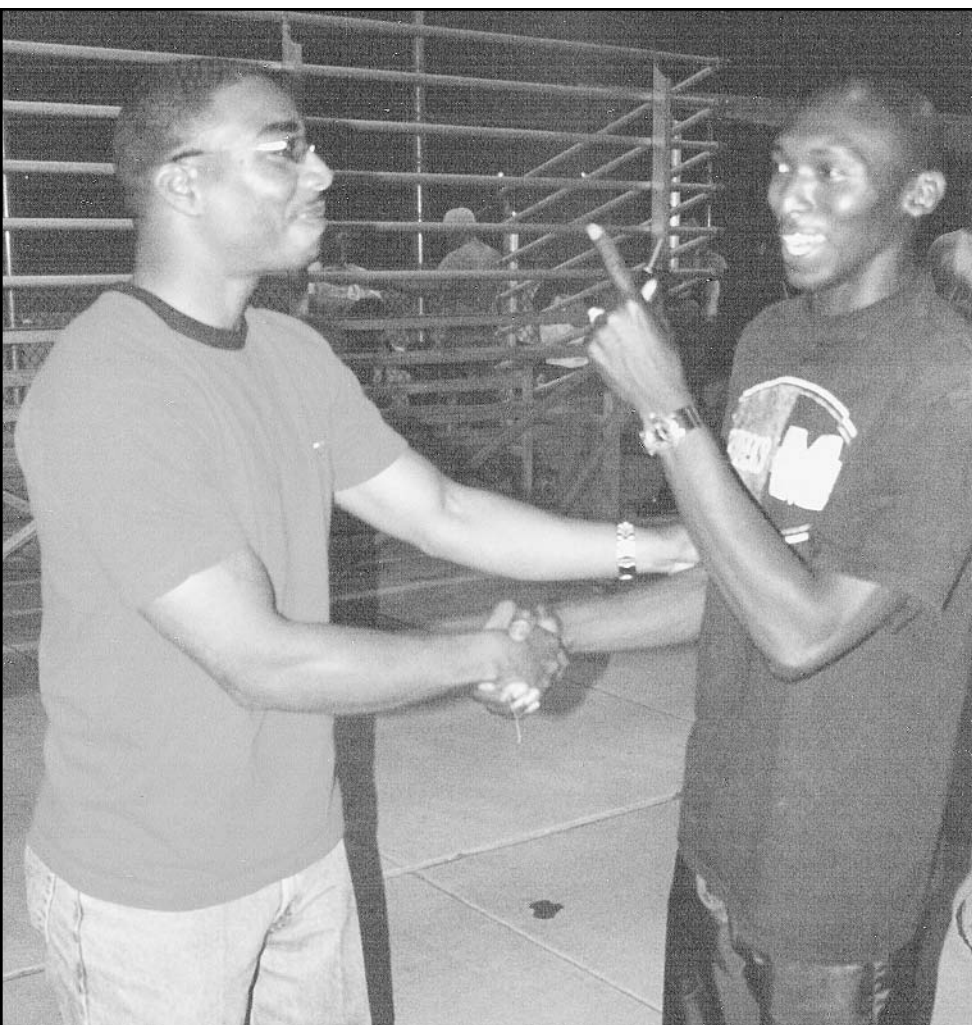


Photo by Walt Johnson

Ron Finley, left, has joined the good fight. Here he tries to talk Ezell Craft, a “that team from Texas” fan into seeing the errors of his ways Aug. 11 night during the championship game, and joining the growing legion of people who have come out from under the spell of the Dallas Cowboys. He wasn’t successful but he promises to keep trying.

paper. Next week I will have my AFC and NFC previews and will tell you who I think will win the Super Bowl. I would like to also include members of the Mountain Post

with their pictures in the preview section of the paper in two weeks. If you would like to be a part of this pre-season preview call me, first—come, first—served, at 443-9939.

Playoffs

From Page 23

Services team until they caught them at 16 runs apiece in the top of the six inning. The Bravo team rally showed Bravo Company would not give in to the Services deficit. After seeing a huge lead evaporate, the question was would Services wilt under the heat of the Bravo attack?

Although they had valiantly battled back, it still looked bleak for the Bravo team as the Services team came to bat in the bottom of the sixth inning. Only four minutes remained in the game and Services needed only one run to win the game. Services managed to push across two runs before time ran out to win the game 18-16, securing its place in the championship game against the powerful Crazy Horse team.

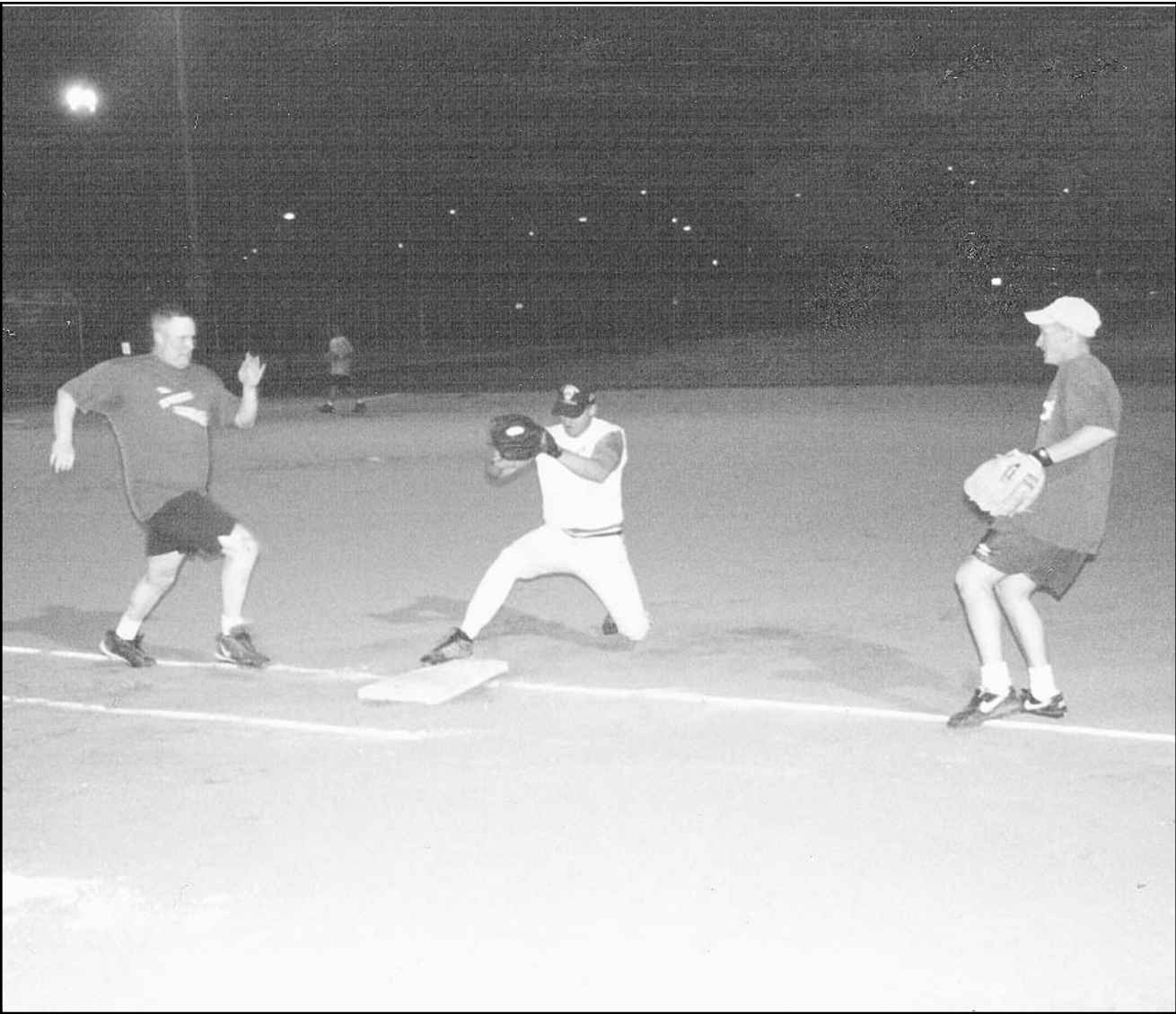
Crazy Horse was so dominate in the championship game that they made an outstanding Services team look inadequate as they raced to their championship. Services was a great team in its own right, having lost only to Crazy Horse (twice) in the tournament.

Crazy Horse was so dominant that they didn't lose a game in the tournament, which was a continuation of their season, which saw them lose two games all season. Crazy Horse was as well rounded a softball team as you will ever find on the intramural level. The team could beat you with speed, power, finesse or any other means necessary.

No matter what other traits Crazy Horse possessed, there was no doubt it was led by the power hitting of Sedillo and Baughman as the team ran roughshod over the league this season.

Crazy Horse wasted little time showing it wanted to be the next post champions as it raced to a 9-2 lead after two innings. What Services didn't realize at the time was the team would be as close as the team would get for the rest of the evening.

In the top of the fourth inning, Crazy Horse pulled out the "whipping sticks" as Sedillo capped off an 11-run inning by blasting a long home run over



Photos by Walt Johnson

The Crazy Horse pitcher beats Services Battery, 3rd Battalion, 29th Field Artillery runner to the bag in the third inning of the championship game Aug. 11.

the right centerfield fence to give the Crazy Horse team a 20-2 lead. Crazy Horse added five more runs in the top of the fifth, with Baughman's long two run homer being the highlight, to cap off the 25-2 rout and secure the intramural title.

After the game Sedillo said the championship

capped off a wonderful season for his team.

“Throughout the year we had a focus and a plan and we stuck to it. We felt that a lot of teams had good players but none of the teams in the league matched up with us player for player. We are warriors at work and we are warriors on the field.”

Mountaineer Sports Spotlight

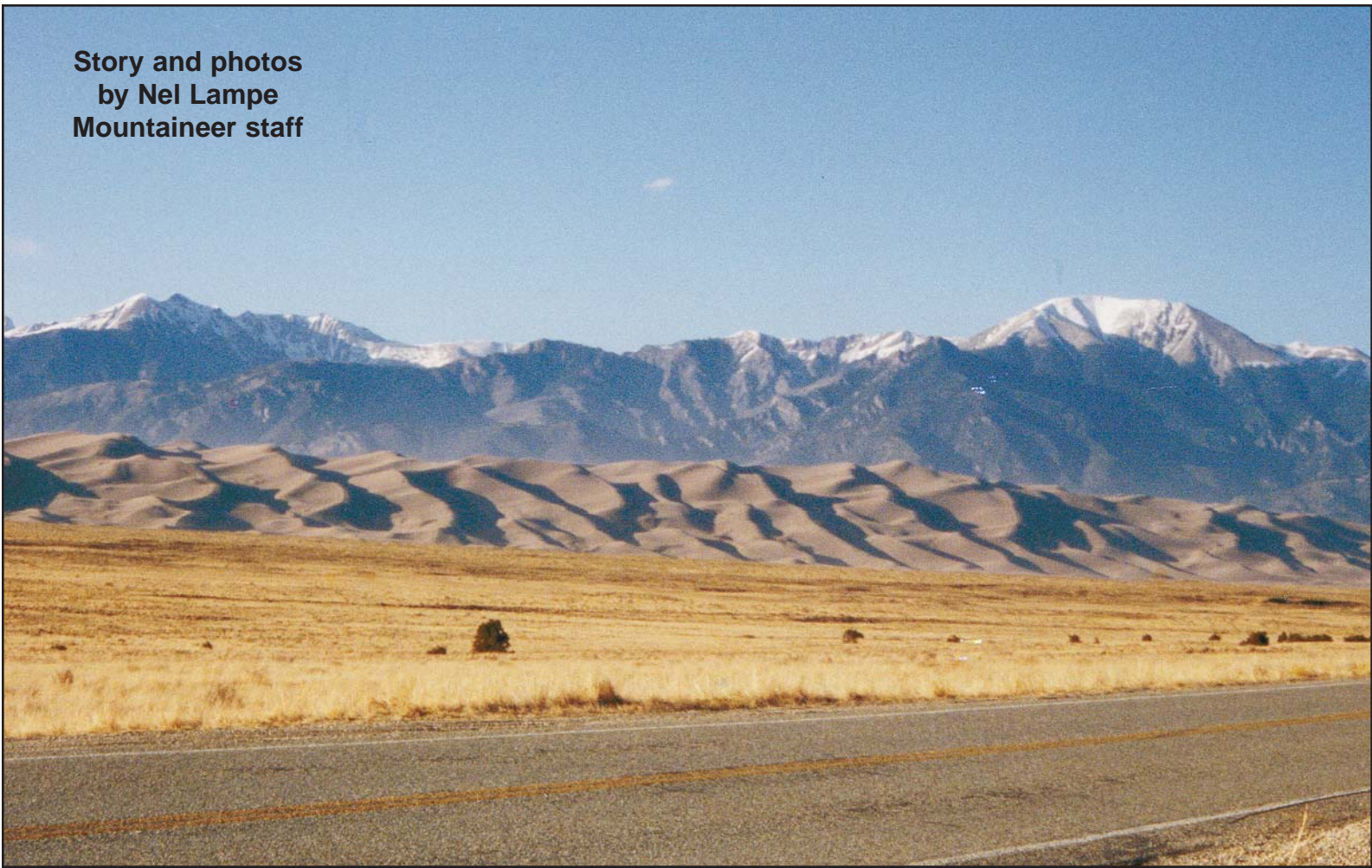


Photo by Walt Johnson

Here's hoping our guys win...

From left, Suzie Swift, her daughter Aislyn, Kimberly Lofgren and her son Lars and Robyn Odom and her son Joshua look on as Bravo Company, 1st Battalion, 12th Infantry, faces off against the 4th Personnel Services Battalion Aug. 11 at the Mountain Post Sports Complex.

Story and photos
by Nel Lampe
Mountaineer staff



The Sangre de Cristo range of the Rocky Mountains provides the backdrop for the Great Sand Dunes.

Where's the water?

Sand Dunes in the Rocky Mountains

It boggles the mind — acres of sand in front of tall, snowcapped, Rocky Mountains.

Air currents, the slightest breeze or a strong wind sends the grains of sand tumbling. Ripples of sand, like small waves on an ocean's surface, change moment by moment.

These dunes of sand comprise the Great Sand Dunes National Monument in southwestern Colorado. Located in the Sangre de Cristo Mountain Range, the dunes are east of Walsenburg, near Alamosa.

Colorado's dunes are the tallest dunes in North America. There are 20 such collections of sand in the United States, but this is the only one in Colorado.

As there are no oceans in land-locked Colorado, where did all that sand come from?

The Rio Grande River is the source of the sand.

Over hundreds of years, the river flowed through the San Luis Valley, carrying sand which was left along its

shores and riverbed. Some of the sand particles eroded from ice-age glaciers.

The Rio Grande River eventually changed course. Winds swept the sands left behind by the river across the valley until it met the steep, 14,000 feet Sangre de Cristo Mountains. Unable to escape, the sand fell to the ground, piling up during passing centuries. The sand now covers nearly 40 square miles. Some dunes are as high as 750 feet and are continually shifting, moving; always changing.

A grain of sand is a very tiny piece of a rock material. The sand collected at the Great Sand Dunes is mostly composed of volcanic rock, quartz and other minerals, according to Great Sand Dunes Ranger Kathy Schultz.

The Great Sand Dunes are about six by eight miles and the elevation is about 8,200 feet.

Some scientists believe the sand dunes are 12,000 years old; still others believe the dunes are even older.

In order to preserve the dunes and



A trail of footprints marks the path taken by a hiker.

protect them for the future, the Great Sand Dunes became a National Monument in 1932. A movement is currently under way to make the dunes a national park.

A fire burned across the Great Sand Dunes in April, burning away much of the vegetation in the dunes, as well as the amphitheater.

According to Ranger Patrick Meyer, most of the grasses have grown back, as have new aspen trees. Many of the remaining large trees have scorch marks. A new amphitheater was built.

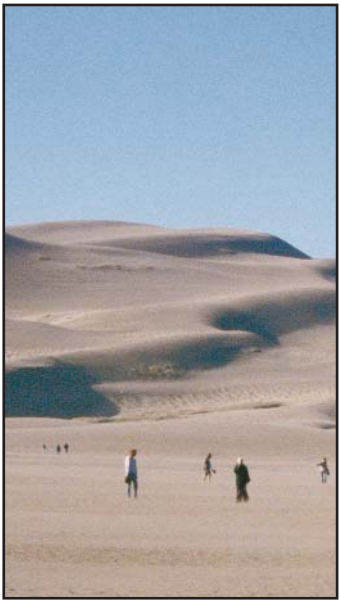
Meyer said the area had little rain this summer, which was a blessing in disguise, as there are no mosquitoes this summer.

Bare feet are perfect for exploring



The Great Sand Dunes is one of 20 such sand collections in the United States. It became a national monument in 1932.

Harpoon Emissions



A pull-out section for the Fort Carson community

August 18, 2000



A family flies a kite in the strong winds at the Great Sand Dunes.

Sand

From Page B-1

the texture and movement of the sand at the Great Sand Dunes in Colorado, the way a person would walk on a beach — except on a very hot summer day.

The southwestern Colorado area where the dunes are located is subject to heavy snow in winter — Chucara Valley Ski Resort is close by.

But unless there’s an extremely heavy snow-fall, the temperature of the sand soon melts the snow, allowing for winter visits.

The best time to visit the dunes is spring or fall. Summer sand temperatures can reach 140 degrees. Prepare for a visit to the sand dunes the way you would for the beach — plenty of sun-screen and water.

Visitors in late summer should be cautious of afternoon thunderstorms. Since lightning strikes high points, being on top of a dune in a thunder-storm can be dangerous.

Upon arriving at the Great Sand Dunes National Monument, head first for the visitor center to look at the exhibits on the history of the area, pay the required fee, pick up brochures and talk to the ranger attendant. There’s a large collection of books, pictures and souvenirs.

The visitor center is open in winter from 8:30 a.m. until 4:30 p.m., except for holidays. In summer, it is open every day from 8 a.m. until 6 p.m.

There is a fee to visit the dunes — \$3 for each person older than 17. Anyone 16 or younger



A trickle of water carves out layers of sand which have accumulated at the Sand Dunes for thousands of years.

gets in free. The fee entitles you to a pass good for a week. You can pay a ranger in the visitor center or deposit your payment in the box located outside the center.

A picnic area is close to the visitor center. It has tables, grills, water and restrooms. There’s a nearby parking lot within walking distance of the dunes.

Hiking trails in the monument include a half-mile, two-mile or a seven-mile trail. Get information from a ranger at the visitor center.

Backpackers are allowed on the dunes, but need a backcountry permit to camp, which can be obtained free of charge at the visitor center. There are 10 backcountry campsites. Campers can stay at the Great Sand Dunes. The Pinyon Flats Campground has 88 camping sites which have running water, but no showers or electricity. The camping fee is \$10 per night. It’s first come, first served.

There are some group sites, for which reservations can be made by calling (719) 376-2312.

Campfire programs and hikes are held nightly during the summer. Schedules are posted at the visitor center. Meyer said the programs start at dark — about 9 p.m. right now; about 8:30 p.m. by Labor Day.

The sand dunes may be too far away for a day trip — it’s about 150 miles each way. Try to allow some time on your trip to visit Fort Garland along the way. It’s about 45 miles before reaching the sand dunes.

The former U.S. Army frontier outpost was once commanded by Brig. Gen. Kit Carson, and is in the town of Fort Garland, about 50 miles east of Walsenburg on Highway 160.

Fort Garland offers a rare opportunity to visit an early Army fort and the historical society has made it an interesting place to visit.

Civil War Re-enactors will be at Fort Garland Aug. 26, posting the colors and performing arms-firing demonstration at 11 a.m. The group will conduct marches and drills at 1 p.m. The re-enactors will be at the fort until noon

Sunday.

Admission prices to Fort Garland are \$3 for adults and \$1.50 for children 6 to 16. The museum is open daily from 9 a.m. until 5 p.m.

Another attraction in the area near the sand dunes is an alligator farm, about 20 minutes away at Mosca.

Colorado Gator Farm has a population of 130 alligators, reptiles, wild and domestic animals and ostriches. White Tilapia fish are raised at the farm as well.

The farm is open from 9 a.m. to 5 p.m. daily, beginning mid-March. From Memorial Day to Labor Day, it is open from 7 a.m. until 7 p.m.

There’s a \$5 entry charge for anyone older than 13. Ages 6 to 12 are charged \$2.50. Call (719) 378-2612 for information, or ask for directions at the sand dunes. Colorado’s only Gator Farm is on Colorado Highway 17.

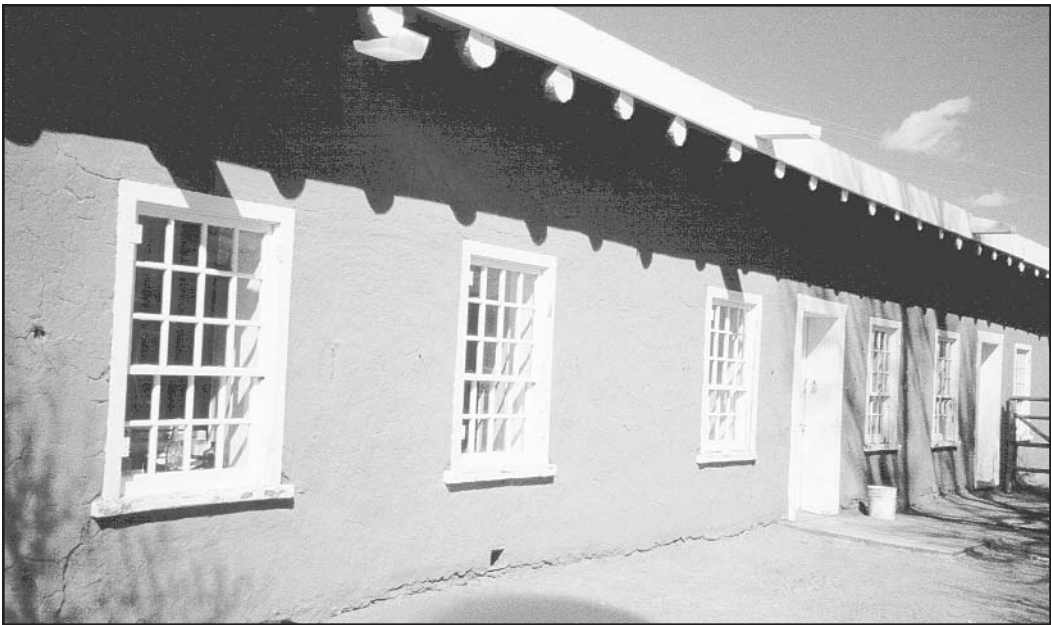
Everyone is admitted free Sept. 25, to honor alligator Sir Chomps O’Lot on his birthday. He’s the first native alligator of Colorado.

The Web site is www.gatorfarm.com.

The largest town near the sand dunes is Alamosa, 35 miles away. Alamosa is the largest town in the San Luis Valley, and the valley is well known for the agricultural products grown there — mostly potatoes.

Call (719) 378-2312 for camping information. The Alamosa Chamber of Commerce phone number is (719) 589-3681, or call the Alamosa Visitor Center at (800) 258-7597 for visitor information.

To reach the Great Sand Dunes National Monument from Fort Carson, head south on Interstate 25 to Walsenburg, then take Colorado Highway 160 West. Shortly after Fort Garland, turn north on Highway 150. It’s about 18 miles to the entrance, which is marked with signs. The visitor center is just past the entrance on the left.



Fort Garland, an early frontier Army outpost, has been restored and serves as a museum. Civil War re-enactors will perform drills at the fort Aug. 26.

Just the Facts

- **Travel time** 2 1/2 hours
- **For ages** all
- **Type** Sand dunes
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage \$ (entry)**
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$80(Based on a family of four)

Community Events

Family Readiness Center

The Financial Readiness Center presents a Financial planning class for first term soldiers from 9 a.m. to 5 p.m. Aug. 25 at McMahon Theater. The class provides financial readiness education. For more information, call 526-4590.

Army Family Team Building Reunion Training helps re-establish family relationships when a servicemember returns after a long separation.

Evening training is scheduled for Tuesday from 5:30 to 9 p.m. at the Family Readiness Center. A morning training session is also scheduled for Aug. 29 from 8:30 a.m. to noon at the Family Readiness Center. To sign up for free child care, call 526-0461. For more information, call 526-4590.

The Family Advocacy Program sponsors the Fort Carson Fatherhood Connection for all fathers and fathers-to-be. The group meets Wednesdays from 11:45 a.m. to 12:45 p.m. for a brown-bag lunch hour meeting at the Family Readiness Center, building 1526. For more information, call 526-4590.

The Family Member Employment Assistance Program sponsors a recruiting day for The Broadmoor Aug. 29 and 31 from 9 a.m. to 1 p.m. For more information, call 526-0452.

The days and time for registration to participate in the Colorado Share Program have changed. Registration is taken the first three working days of each month from 11:30 a.m. to 1:30 p.m. at the Family Readiness Center in the lobby. Payment must be in cash. August pick up date is Aug. 26 at the Mountain Post Fitness Center on Magrath building 2059 from 9 a.m. to 10 a.m. To qualify all you need to do is volunteer two hours per month. For more information call the FRC at 526-4590.

The Financial Readiness Debt Management Programs is available to help active duty, family members, retirees and Department of Defense civilians with debt problems. For more information, call 526-0449.

Fort Carson has volunteer vacancies in the following programs:

Army Community Services Puppet Troupe “Kids on the Block” — volunteers are needed to keep this program active. Kids on the Block is a puppet show that performs in local schools with high military populations. The puppets talk to kids about important personal safety issues. Training is provided and a commitment of five to 10 hours a week is needed. Please come by, or contact the ACS Volunteer Office in the Family Readiness Center at 526-4590.

Nurturing program needs volunteers to assist in the child portion of the program. Volunteers work with children in the program helping to teach important concepts such as self esteem, understanding their family, making appropriate choices and appropriately expressing feelings. Training is Aug. 29 and 31, and the new session is Sept. 6 to 11.

Please come by, or call the ACS Volunteer Office in the Family Readiness Center at 526-4590.

Miscellaneous

Women’s Equality Day Celebration is Aug. 28 from 9 a.m. to 11:30 p.m. at the Elkhorn Conference Center in the Colorado and Cheyenne rooms.

A sealed bid auction will be Thursday to Aug. 25 from 10 a.m. to 5 p.m. Opening of bids will be Aug. 28. For more information, call 524-1146.

Prevention of Sexual Harassment classes have now been scheduled. This class is mandatory for Department of the Army Civilians who have not previ-

ously attended a POSH class. The classes are from 1 to 3 p.m. at the Outdoor Recreation Complex. The class days are: Wednesday, Thursday and Aug. 30.

Child and Youth Services currently has openings for Family Child Care providers. FCC providers are needed both on- and off-post. Free training, free child care during training classes, a free starter kit and free use of the toy/equipment lending library will be provided. An orientation class is conducted the first Friday of each month at 1 p.m. at Child and Youth Services, building 5510, on Harr Avenue. If interested, call the Family Child Care offices at 526-3338.

The Fort Carson Officers’ Wives Club has Fort Carson afghans for purchase. The cost is \$48 per afghan. Please contact Kim Salazar at 579-0751 for more information.

The Army and Air Force Exchange Service is increasing its Deferred Payment Plan interest rate from 13.75 percent to 14.25 percent. The raise follows the Federal Reserve recent increase in the prime interest rate to 9.5 percent. The new rate is lower than the average variable bankcard rate; 16.54 percent for Standard, 16.06 percent for Gold and 16.03 percent for Platinum.

There will be several ECRC computer classes offered in August. The class schedule is as follows (all classes are free unless otherwise specified).

HTML: Tuesdays and Wednesday, Fort Carson. Aug. 28 and 29 Colorado Springs DCMC, 5975 Greenwood Plaza, Suite 200, Englewood, CO.

Dreamweaver: Wednesday and Thursday, TIR lab, and cost \$150, 1559 Vapor Trail, Colorado Springs.

Webposition: Aug. 29, TIR lab, and costs \$75.

Fireworks: Aug. 30 and 31, TIR lab, and costs \$150.

For more information, call (719) 577-7790, the Dallas office at (888) 372-3272 or log on to www.dfweccr.com.

The Rocky Mountain Technology Expo and Job Fair is scheduled for Sept. 20 to 23 at the Doubletree Hotel and World Arena. Conference tracks are technology partners, attracting and retaining a high-tech workforce, managing for success and an entrepreneurial track. For more information, call 548-1822.

Pet owners who are leaving town on a deployment, FTX, etc., must provide the Veterinary Treatment Facility with a “caretaker permission letter.” This letter should state that the caretaker is authorized to have the pet released to them if the animal is picked up as a stray, or allow them to bring the pet to the VTF for medical treatment. For more information call 526-3803.

Melissa A. Paliani, an employee of MEDDAC, needs annual leave donations to help cover her absence due to the exhaustion of her available paid leave. For more information call Ruben Espinoza at 526-7246.

Monica Fontenot, an employee of MEDDAC, needs annual leave donations to help cover her absence due to the exhaustion of her available paid leave. For more information, call Janice Milligan at 526-7248.

Diana Clemens, a MEDDAC employee, needs annual leave donations to help cover her absence due to the exhaustion of her available paid leave. For more information, call Janice Milligan at 526-7248.

There are positions available at the Cheyenne Mountain School District. Positions are available to energetic workers to fill several vacancies in school kitchens. For more information call 686-2036.

There is a clothes drive for women and children in Bosnia. Drop off women’s and children’s winter clothes, boots, shoes and jackets at 3rd Armored Cavalry Museum by Today. For more information, contact Michele Swanson at 538-5921.

American Red Cross Office will be closed Aug. 31 and Sept. 1 to conduct staff development training. For more information, call 524-1279.

The El Paso County Parks Department is offering a volunteer naturalist training course for volunteers at Bear Creek and Fountain Creek Nature Centers. Training begins Sept. 7 through Oct. 5 from 8 a.m. to noon.

For more information, call 520-6387.

The Children’s Literacy Center is looking for volunteers to provide one-to-one tutoring in reading for first, second and third graders in 26 locations in the Pikes Peak region. Fall orientation will be Aug. 29, Sept. 7, 14 from 5:15 p.m. to 6:15 p.m. at the Barnes and Noble, Citadel. For more information, call 471-8672.

An Open House at Peterson Air Force Base is Sept. 9. The event is part of the Colorado Springs millennium celebration. Featured attractions are the Air Force Thunderbirds, the Army Golden Knights parachute team, an A-10 Thunderbolt, and an F-18. Static aircraft will be on display as well as Army equipment, space and industrial displays. Gates open at 8 a.m. Flying demonstrations start at 10 a.m. The event is open to the public. Parking and admission are free.

The Muscular Dystrophy Association is seeking volunteers from the Colorado Springs area to help with the Jerry Lewis MDA Telethon, set to air Sept. 3 through 4. Volunteer activities include answering phones, escorting sponsors and more. For more information or to volunteer, call the local MDA office at 260-8777 or MDA national headquarters at (800) 572-1717. Information about MDA programs and research advances is available at www.mdausa.org.

Youth

The back to school open houses for students and parents are: Widefield Elementary— Aug. 30 — Kindergarten at 6:30 p.m.; Sept. 7 — Grade 1, 6 p.m. and Grade 2, 6:30 p.m.; Sept. 12 — Grade 3, 6 p.m.; Grade 4, 6:30 p.m.; Sept. 13 — Grade 5, 6 p.m.; Grade 6, 6:30 p.m.; M.L. King Elementary — Aug. 29th- Grades 4,5,6, 6:30 p.m.; Aug. 31 — Grades K-1, 6:30 p.m.; Grades 2-3, 7:15 p.m., Sunrise Elementary — August 24th — Grades K-3, 6:40 p.m.; Aug. 29 — Grades 4-6, 6:40 p.m.; Webster Elementary — Aug. 29 — Grades 1-6 and Special education, 7 p.m.; Aug. 30 — Grades 2,5 and title, 7 p.m.; Aug. 31 — Grades 3,4 and Kindergarten, 7 p.m.; Janitell Junior High — Sept. 7 6:30 p.m.; Sproul Junior High — Sept. 12, 6:30 p.m.; Widefield High School — Sept. 18, 7 p.m.; Discovery High School — Oct. 5, 7 p.m.; Mesa Ridge High School — Sept. 25.

School, sports and camp physicals are offered at Evans Army Community Hospital for kindergarten- through college-age students. The physicals are for families enrolled in TRICARE Prime at EACH. Physicals are available during Wednesday afternoon. For more information on scheduling an appointment call 264-5000.

District 2’s first day of school is Aug. 28. Registration begins at the specific school of attendance Monday. Parents should call the school for times. Registration requires: shot records, copy of school records and proof of residence.

***Editor’s note:** The deadline for submitting “Briefs” to the Mountaineer is 5 p.m. Friday before publication date.*

Military Briefs

Range safety certification has changed from a three-year certification to a one-year certification. Classes will be held at Range control every Friday at 1 p.m. Units can schedule a class on other days provided they have at least 25 or more soldiers in attendance. For more information, call 526-6330.

Units are reminded that the Ammunition Supply Point, Ammunition Residue Yard and the Ammunition Inspection Point are closed Monday to Aug. 25 for a mandatory 100 percent inventory. Units must pre-plan their ammunition needs and coordinate with their appropriate ammunition managers to this closure. For more information, call 526-4381.

For those needing to take the Command General Staff Officer Course, a point of contact has been set up. For the eligible captains and majors in the Colorado Springs-Fort Carson area, call Lt. Col. Matt Kortrey at 597-6258. For those in the Denver-Fort Collins area, call Lt. Col. Jim Corman at (303) 423-4328.

The 3rd Cavalry Group Veterans Association WWII will hold its 53rd annual reunion Sept. 1 to 3 in Louisville, Ky. For more information, call Bob Persinger at (825) 639-0665.

The Army Career and Alumni Program will begin using the ACAP XXI system Aug. 30. This program will offer transitioning personnel a choice of how they will receive ACAP service. The center will offer limited services Monday through Aug. 29. For more information call 526-1002 or 526-0640.

The Army Career and Alumni Program center has set times for clearing:

Monday thru Wednesday, 7:30 to 9 a.m. and 3:30 to 4:30 p.m.

Thursday, 9 to 10 a.m. and 3:30 to 4:30 p.m.

Friday, 7:30 to 9 a.m. and 1 to 2:30 p.m.

For more information, call 526-1002.

The Army Quartermaster Center and Petroleum School and Water Department invite veterans to attend the Petroleum and Water Old Timers' Reunion Sept. 22 and 23. To mark the 50th anniversary of the Korean War, the Quartermaster Center will honor those who served by memorializing the 529th Quartermaster Petroleum Supply Company. Those who served with the 529th are asked to contact Linda Williams at (804) 734-1329.

The new Central Issue Facility requests soldiers not to block or park in the parking lot during railhead operations. It prevents movers from accessing the building. For more information, call 524-0411.

Better Opportunities for Single Soldiers

BOSS meetings are every second and fourth Thursday from 1 to 3 p.m. at Christopher's. For more information on how you can become active in the BOSS program, participate in events or if you have ideas, concerns or questions; contact Spc. Amy Hafford at 524-BOSS (2677).

The 70th Division Reserve band in Livonia, Mich., is looking for qualified musicians. For an audition, call (734) 458-6409 or e-mail: schipp@aol.com.

The United States Air Force is now enlisting prior service individuals from any military branch. Members wishing to enlist in the Air Force must have been separated from active duty with another service not less than three months, have a reenlistment code of 1 and be otherwise qualified. For more information, visit a local Air Force recruiter or call (800) 423-USAF.

Now on the books is a new rule that makes the use of the travel card mandatory for official travel expenses incurred by most DOD and civilian personnel. See your personnel section for details.

The 5th Armored Division Association is holding its 54th Annual Reunion Oct. 11 to 15 in Myrtle Beach, S.C. For more information about the reunion, call Will Cook at (419) 628-4032 or e-mail him at wc5adww2@wesnet.com.

Have you ever thought about being an Observer Controller/Trainer? Across the western United States, from Hawaii to the Dakotas and from Montana to New Mexico, show others what you know about being a soldier. Join the Reserves. The 2nd Brigade, 91st Division, has openings in South Dakota, Utah and Colorado. For more information, call 526-9529.

The Directorate of Logistics announces the following classes for August:

- Monday to Aug. 25, Bus Driver Course in building 301. Contact your unit training noncommissioned officer for more information.

- Aug. 29, Forklift Operator Course for commercial forklifts in building 301. Contact your unit training NCO for more information.

- Aug. 30, Accident Avoidance Training will be conducted in the DOL classroom in building 8100 on O'Connell Boulevard. The training session will be from 8 a.m. to noon. Doors will open at 7:30 a.m. This training is mandatory for all vehicle and equipment operators assigned to installation directorates and separate activities who have not attended in the previous four years. The class will be limited to the first 50 people to call the Driver Training Station at 526-5534 to reserve a seat.

The Army ROTC conducts a Green-to-Gold briefing Tuesdays at 11:30 a.m. in the Education Center. If you are interested in becoming an Army officer and receiving a bachelor's degree, call Capt. Cindi Basenspiller at 262-3236.

The Oklahoma National Guard is in desperate need of lieutenants to fill unit vacancies. Any young soldier who is approaching ETS and already has a bachelor's degree or who has a minimum of 90 credit hours toward a degree and meets the prerequisites to attend Officer Candidate School is encouraged to apply. There is also a direct commissioning program available for sergeants E-5 and above about to ETS who have a bachelor's degree. Contact Maj. Vicki Jones at (405) 228-5255.

The Army Career and Alumni Program center now has set times for clearing. Monday through Wednesday, 7:30 to 9 a.m. and 3:30 to 4:30 p.m., Thursday 9 to 10 a.m. and 3:30 to 4:30 p.m., Friday 7:30 to 9 a.m. and 1 to 2:30 p.m. If you have questions

Anyone interested in water aerobics is encouraged to sign up for classes taught by Kelly Fennessy and Crystal Miller. Classes are Tuesday and Thursday, 5 to 6 p.m., and Saturday from 10 to 11 a.m. Call 526-3107 to sign up.

The Falcon Youth Hockey Association is looking for players ages five to 16 to try out for the 2000-2001 teams. The season runs from September through March, with an average of three days a week on the ice. Tryouts will be held today at the World Arena Ice Hall. The cost for tryouts is \$45. For more

please call 526-1002 or 526-0640, or visit the Web page www.carson.army.mil/ACAP/acap.html.

The Sergeant Audie Murphy Club event calendar is as follows:

All meetings are held monthly on the third Wednesday of the month at 11:30 a.m. at the Mountain Post Wellness Center on the second floor conference room in the Family Readiness Center.

Induction ceremonies and rehearsals are held at McMahon Theater. All other events are conducted in the main conference room of building 1430. For more information, call 526-2409 or 526-3887.

Effective July 15, the incorporation of any material not defined as construction debris, sludge or POL contaminated soil shall not be placed in landfill #1 because of state and federal solid waste laws. All non-hazardous solid waste/materials, including concertina wire and demilitarized materials, must either go into a rolloff/dumpster or to the DRMO as determined by the DPW and the DRMO.

The application submission deadline for Sustaining Base Leadership and Management Class 00-3, Sept. 19 to Dec. 13, will soon close. Ensure you are one of the select members of this class by contacting your local Civilian Personnel Advisory Center for the application deadline. If selected, come prepared for an educationally intensive and enlightening new approach to leadership in today's Army. For more information, check out the Army Management Staff College's Web site at <http://www.amsc.belvoir.army.mil/res.htm>.

The 1st Annual 7th Infantry Division and Fort Carson Dragon Ball will be at the Radisson Inn, 1645 North Newport Road, at the intersection of Powers and Fountain, behind the Lockheed Martin Building. The cost is \$20 per person, and the social hour begins at 6 p.m. RSVP with money no later than today to Capt. Alan Bisenieks at 526-3934 or 1st Sgt. Juan Cordero at 526-8787 or 1345.

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Legal notice

With deepest regrets to the family of PV2 Jason K. Ledford, deceased. Anyone having claims against or indebtedness to his estate should contact 1st Lt. Wendy Stachera at 526-1576 or 526-3856.

GSA Vehicle Reminders — General

Services Administration vehicle washes are limited to two per month. Maximum allowed cost is \$10 per wash. The 7th Wave Car Wash, located at 2510 East Boulder, (west of Platte Avenue and Circle Drive) provides GSA washes for \$9.95. Ask for the "Fort Carson GSA Special." Drivers are encouraged to take advantage of free washes with fuel fill-up where offered. Excessive washes or cost will be billed back to using activity. Fuel purchase problems continue. Drivers are again reminded that only unleaded regular gas may be purchased for GSA gasoline-powered vehicles. Premium fuel is not authorized. GSA Voyager credit cards are for use with the vehicle they are assigned to. They may not be used to purchase bulk fuel in cans. Drivers should always check charge slips for proper entries (type and quantity of fuel, cost per gallon, etc.) before signing the slip. Questions should be directed to the TMP dispatch office at 526-1651.

Sports & Leisure

The Fort Carson Thunder Alley Bowling Center is starting a Senior Bowling League for anyone over the age of 55. Sign ups will continue through Sept. 4. For more information, call 526-5542.

information call Joe Saint at 282-3881, or Mike Baker at 264-6781.

The Fort Carson Outdoor Pool Aquatic Center is still open. The pool is open for swimming from 11 a.m. to 8 p.m. Monday through Friday and from 11 a.m. to 6 p.m. Saturday, Sunday and holidays. For more information, call 526-4456.

The Stars and Stripes Golf Tournament is Aug. 25 at the Air Force Academy Eisenhower Silver Course. The event is sponsored by the YMCA of the Pikes Peak Region. Entry fee is \$160 per player. For more information, call Monika Randall at 329-7219.



Ute exhibit

“**Mountain, Family, Spirit: the Arts and Culture of the Ute Indians**” is the first comprehensive exhibit on the art and culture of the Ute Indians of Colorado and is now being shown at the Fine Arts Center. A cooperative effort between the Fine Arts Center and the Southern Ute and Ute Mountain reservations, the exhibit has been six years in the making. The Fine Arts Center is at 30 W. Dale Street and has free entry Saturdays. Saturday is also family day from 10 a.m. until noon, and includes hands-on activities and music and dance performed by many cultures.

The circus is here

Ringling Bros. Barnum & Bailey Circus continues through Sunday at Colorado Springs World Arena. Tickets start at \$12.75, call 576-2626.

Sneak Peak

The State Fair’s Carnival opens today at 5 p.m. for a sneak preview of the carnival rides. Today only, unlimited ride armbands are \$12, and the rides are open until midnight. The Bill Hames Show carnival includes more than 100 rides, games and attractions. After today, the carnival will be open regular Colorado State Fair hours. To take part in the sneak peak, enter through Gate 3 at the State Fairgrounds in Pueblo.

State Fair

The Colorado State Fair is one of the oldest in the nation. The fair opens tomorrow and runs through Labor Day at the State Fairgrounds in Pueblo. Gate admission is \$6 per ticket, with children under 6 years old getting in free. Military weekend is observed Saturday and Sunday, when a military ID gets \$2 off gate admission. New rides on the carnival midway include the “Typhoon” and the “Tornado.” Carnival armbands are \$20 Monday through Thursday and \$25 Friday, Saturday, Sunday and Labor Day. In addition to lots of exhibits, the Colorado State Fair has rodeos and a series of concerts with known stars. Tickets for the concerts are available at TicketMaster, 520-9090 or (800) 444-FAIR or check the Web site at www.coloradostate-fair.com for dates and prices. The Colorado State Fair concert includes stars such as Pat Benatar, Dwight

Yoakam, Wayne Newton, Clay Walker, Carrot Top and Chris Ledoux.

Academy concerts

“**Anything Goes**” is set for Sept. 16 at Arnold Hall Theater at the Air Force Academy. The next show is “Lorrie Morgan” in concert Sept. 23. Call 333-4497 for information about tickets. The box office is open 9 a.m. until 4 p.m., Monday through Friday.

Pikes Peak Marathon

Ever see anyone **run to the top of Pikes Peak**? Here’s your chance. Starting at 7 a.m. Saturday some 1,800 walkers and runners begin the Pikes Peak Ascent, a 13-mile route. Sunday morning, the marathon starts at 7 a.m. The marathon is more than 26 miles, and includes the return as well. Join the crowd on Ruxton Avenue to see the runners off or return.

Museum exhibit

“**Helen Hunt Jackson’s ‘Ramona’**” is in the Colorado Springs Pioneers Museum through Sept. 10. Helen Hunt Jackson was a popular 19th century author who lived in Colorado Springs. “Ramona” was Jackson’s most famous book and covered the plight of Native Americans. The museum is at 215 S. Tejon Street and is free and open to the public Tuesdays through Saturdays from 10 a.m. until 5 p.m. and Sundays 1 until 5 p.m.

Beasts, breakfast

The annual “Beasts and Breakfast” nature hike is Aug. 26 at Beidelman Environmental Center, 740 W. Caramillo St., just west of Chestnut Street and north of Unitah. Families have a self-paced hike followed by breakfast. The trail is a gentle one-mile loop. Some animals will be present for the festivities. The cost is \$4 for adults and \$2 for children 6 to 12; children under 6 are admitted free. Make reservations by Aug. 22 by calling 578-7088.

Trolley Follies

The “Trolley Follies, Legends of the Old West” are at the Trolley Barn, 2333 Steel Dr., Saturday at 3 p.m. Relive the Old West for a few hours. Activities include trolley car rides, gunfights, flute playing and Old West stories. Tickets are \$5 for adults, \$2 for children 12 and under. Food will be available for purchase. Proceeds benefit the Pikes Peak Historic Railroad Foundation. The Trolley Barn is west of Penrose Hospital, near C & C Sand. Call 632-7548 or

7630-7328 for information.

Dinner theater

Enjoy the musical comedy “**Nunsense**,” along with a buffet dinner Saturdays through Sept. 2. Call 266-4355 for reservations for dinner and the show, \$23 each. The production is by Round About Mainstage Players and is at Charlies Pit Barbecue, 4325 N. Nevada Ave.

Civil War re-enactors

Civil War re-enactors will be at historic Fort Garland Aug. 26 to commemorate a Civil War battle which was in Colorado, at Glorieta Pass, in March 1862. The re-enactors will post the colors at 9 a.m. Aug. 26, followed by a howitzer firing at 11 a.m. Marches and drills are at 1 p.m. The re-enactors will also be at the fort Sunday until noon. The fort is in the town of Fort Garland in southwestern Colorado. Admission is \$3 for adults, \$1.50 for children 6 to 16. Call (719) 379-3512 for information.

Sesame Street

An all new Sesame Street Live production of “When I Grow Up?” opens Sept. 7 at the Pikes Peak Center. Performances are at 7 p.m. Sept. 7; 10:30 a.m. and 7 p.m. Sept. 8; 10:30 a.m., 2 and 5:30 p.m. Sept. 9 ; and Sept. 10 at 1 and 4:30 p.m. Tickets start at \$16 and are available at 520-7469 or 520-9090. The Pikes Peak Center is at 190 S. Cascade Ave.

Free concert

The Air Force Band of the Rockies “Blue Steel” presents a free concert Thursday at 6 p.m., in Antlers Park, behind Adam’s Mark Antlers Hotel. The concert band presents a free concert, also at Antlers Park, Aug. 31 at 6 p.m.

Cornerstone opening

A **public celebration** Aug. 23 marks the 100th anniversary of the installation of a time capsule in the cornerstone of the old El Paso County Courthouse, now the Pioneers Museum. The event is 4 to 7 p.m.

Greek Festival

Try traditional Greek food, music and dancing at Archangel Michael Greek Orthodox Church at 2215 Paseo Road. Entrance is free, Saturday from 11 a.m. until 9 p.m., and 11 a.m. until 7 p.m. Sunday.

Pvt. Murphy

by Mark Baker



Program Schedule for Fort Carson cable Channel 10, today to Aug. 25.

Channel 10 can be seen on your computer. Access the Fort Carson Web site and in the welcome section, click on the icon for Mountain Post Magazine.

Mountain Post Magazine: Stories on and about Fort Carson soldiers, civilians and family members. Includes 101 Days of Summer Safety videotape on children and airbags. Airs at 7 a.m., 10 a.m., noon, 3 p.m., 7 p.m. and midnight.

Army Newswatch: includes stories on the Chief of Staff's reading list, Eurosatory and River of Dreams. Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.

Air Force News: includes stories on the new tilt-rotor aircraft, an arthritic pilot and a cure for snoring. Airs at 8 a.m., 1 p.m., 8 p.m. and 1 a.m.

Navy/Marine Corps News: includes stories on the USS Seattle, Navy SEALs and Marine Corps armorers. Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.

Community Calendar airs between program showing times.

Channel 9 daily broadcasts SCOLA, foreign language news broadcasts.

If you have comments on Channel 10 programming or wish to coordinate a broadcast on Channels 9 or 10, please contact Douglas Rule at 526-1241 or via e-mail at:

Ruled@carson-exch1.army.mil .

Program times will be published in the *Mountaineer* provided coordination is made one week prior to publication.

If you have ideas for Mountain Post Magazine, contact 1st Lt. Nadia Calderolli at 526-1265, 1253 or 2941.

If you wish to have a training videotape shown on Channel 9, contact the Regional Training Support Center at 526-5111.

For additions to the Community Calendar, please submit a clean, typewritten copy of the information to the Public Affairs Office, room 2180, building 1550, Fort Carson, CO 80913 or fax it to 526-1021 no later than the Friday before airing time.